


SUMMER RESET SHEET

A ONE-PAGE RESET FOR WEEKS WHEN YOUR NORMAL ROUTINE FALLS APART. 



1. WHAT IS FIXED THIS WEEK?

Work, classes, appointments, travel, family obligations.

- MONDAY _____
- TUESDAY _____
- WEDNESDAY _____
- THURSDAY _____
- FRIDAY _____


2. WHAT ACTUALLY MATTERS?

Choose three priorities only. 

- 1 _____
- 2 _____
- 3 _____

3. WHAT CAN MOVE?

Tasks that are flexible, optional, or can wait.

- _____
 - _____
 - _____
 - _____
 - _____
- 

4. WHAT DO I NEED TO PROTECT?

-  Rest
-  Meals
-  Study time
-  Spiritual or quiet time

5. MY LOOSE PLAN FOR THE WEEK

A flexible week is still a planned week. 

MONDAY • _____ • _____ • _____	TUESDAY • _____ • _____ • _____	WEDNESDAY • _____ • _____ • _____	THURSDAY • _____ • _____ • _____
FRIDAY • _____ • _____ • _____	SATURDAY • _____ • _____ • _____	SUNDAY • _____ • _____ • _____	NOTES • _____ • _____ • _____

You don't need a perfect plan—just a little direction. One reset. One week. You've got this. 

FLEXIBLE *Week Planner*



A LOW-PRESSURE WEEKLY PAGE FOR SUMMER SCHEDULES THAT REFUSE TO BEHAVE.

THIS WEEK'S ANCHOR

The one thing that keeps the week grounded.



MY ENERGY LOOKS LIKE



LOW



MIXED



HIGH



SUMMER WILD CARD

The event, errand, weather, or family plan most likely to shift things.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



PARKING LOT

TINY WIN I WANT TO REMEMBER



WHAT CAN WAIT UNTIL NEXT WEEK?

You don't need a perfect week. You just need a plan that bends with you.





SUMMER BRAIN DUMP

+ Parking Lot



CLEAR THE MENTAL CLUTTER WITHOUT TURNING EVERY THOUGHT INTO TODAY'S EMERGENCY.



BRAIN DUMP

Everything taking up space in my head:

Seven horizontal lines for writing in the Brain Dump section.



DO THIS WEEK

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SCHEDULE LATER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

LET IT GO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SUMMER PARKING LOT

Ideas, purchases, outings, projects, and "maybe later" plans:

QUICK NOTES

ONE IDEA I'M EXCITED ABOUT:

A LITTLE REMINDER FOR ME:

You don't have to do it all. You just have to do what matters most right now.