

SUNDAY CHECKLIST

Clothing

- ☐ Wash, fold & put away laundry
- Lay clothing out for Monday
- Lay children's clothing out for Monday

Home

- ☐ Put everything in its place.
- Sweep floors
- Wipe down surfaces in bathroom & kitchen
- Clear the clutter
- Prep your work space

Meal Prep

- ☐ Plan meals for week
- Make grocery list & go shopping
- Prepare ready-to-eat healthy snacks
- Wash dishes and empty dishwasher

Plan

- ☐ Write a to-do list
- Review calendar for the week.
- Set alarms (Morning wake-up, Appointments, reminders etc.)
- Charge cell-phone and laptop etc.

Notes:

- ☐ _____
- _____
- _____
- _____
- _____

Heart & Rest

- ☐ Fill your tank: write what matters most & Make a gratitude list.
- Journal: Write down your goals, ideas and thoughts.
- Put a book & notebook near your bed. Read more and take notes.
- Spend time resting and refueling your tank to prepare and focus on what matters most next week.