



Avant Living

The 7-Day Sunday Reset

A free printable planner that builds a 20-minute weekly planning ritual in seven small steps.

DESIGN YOUR DAYS

FREE PLANNER

Print at Letter size, or fill it in on screen. Use it every week.
Education only. Not medical, mental health, financial or legal advice.

One short ritual, every week.

A Sunday Reset is a short, regular check-in where you look back at the week you had and shape the week ahead. It is one of the simplest systems for making your days feel more intentional, and it works for anyone: students, busy professionals, parents, and people with more free time than they used to have.

Over the next seven days, you will try one part of the reset each day, for about 10 to 15 minutes. On Day 7, you will put the parts together into a 20-minute ritual you can repeat every week.

How to use this planner

- 1 **Read one day at a time.** Each day has a focus, a short reason why, a few steps, and a reflection prompt.
- 2 **Use the planning pages.** They follow the seven days. Print a fresh set each week, or copy them into a notebook.
- 3 **Start any day.** It is called a Sunday Reset, but any day of the week works.
- 4 **Keep it light.** If a step feels like too much, do part of it. A small reset still counts.

Your seven days

1	Empty your head · Start with a brain dump.
2	Look back before you look ahead · Learn from the week you just had.
3	Reset one space · Give yourself a clear place to start the week.
4	Your week on one page · See the shape of the week ahead.
5	Pick three priorities · Choose what matters most this week.
6	Make Monday easy · Prepare a few small things in advance.
7	Put it together · Your 20-minute Sunday Reset.

Avant Living offers general life-skills education about planning, routines and everyday habits. It is not medical, mental health, financial or legal advice, and it is not a substitute for professional help. Nothing here promises a particular result. If you have a health condition or any concern about a suggested activity, such as walking or changing your evening routine, check with a qualified professional first. Skip or adapt anything that does not suit you. In an emergency, call 911.

01

DAY 1 OF 7

Empty your head

FOCUS Start with a brain dump.

WHY Before you can plan a week, it helps to see everything that is on your mind. Tasks, worries, errands and ideas all take up space when they only live in your head. Writing them down in one place makes them easier to sort, and often makes them feel smaller.

- 1 Set a timer for 10 minutes and use the Brain Dump page.
- 2 Write down everything you can think of: things to do, things to remember, things to buy, people to contact, ideas.
- 3 Do not sort or judge anything yet. Just get it all onto the page.

PLANNING PAGE Brain Dump

REFLECT *How does it feel to see it all in one place?*

02

DAY 2 OF 7

Look back before you look ahead

FOCUS Learn from the week you just had.

WHY Your last week is full of useful information. A quick look back shows you what worked, what got in the way, and what you would like more of. It turns planning into something based on your real life, not an ideal one.

- 1 Open your calendar or think back over the past seven days.
- 2 On the Look Back page, write what went well, what was hard, and one moment you enjoyed.
- 3 Note one thing you would like to do differently next week.

PLANNING PAGE Look Back

REFLECT *What is one thing last week taught you about how you like to work or live?*

03

DAY 3 OF 7

Reset one space

FOCUS Give yourself a clear place to start the week.

WHY A tidy spot makes Monday morning easier. You do not need to clean the whole home. Resetting the one space you use most, such as the kitchen counter, your desk, or the entry, gives the week a calm starting point.

- 1 Choose the space you use most on weekday mornings.
- 2 Set a timer for 15 minutes. Clear, put away, and wipe down.
- 3 Stop when the timer rings. Tick it off on your Sunday Reset checklist.

PLANNING PAGE Sunday Reset Checklist

REFLECT *Which space made the biggest difference once it was clear?*

04

DAY 4 OF 7

Your week on one page

FOCUS See the shape of the week ahead.

WHY When your commitments are scattered across apps, messages and memory, the week can feel bigger than it is. Putting them on a single page shows you the busy days, the open windows, and where you might need a little extra care.

- 1 Use the Week at a Glance page.
- 2 Write in every fixed commitment for the next seven days.
- 3 Star the busiest day and circle one open window you want to protect.

PLANNING PAGE Week at a Glance

REFLECT *What do you notice about the shape of your week?*

05

DAY 5 OF 7

Pick three priorities

FOCUS Choose what matters most this week.

WHY Most weeks contain far more possible tasks than time. Choosing three priorities gives you a clear sense of what a good week looks like, and makes it easier to say not now to the rest. Go back to your brain dump from Day 1 and choose from there.

- 1 Read through your brain dump and circle anything that truly matters this week.
- 2 Choose your top three and write them on the Weekly Priorities page.
- 3 Give each one a day and, if you can, a time on your Week at a Glance page.

PLANNING PAGE Weekly Priorities

REFLECT *Why do these three matter most right now?*

06

DAY 6 OF 7

Make Monday easy

FOCUS Prepare a few small things in advance.

WHY Small preparation the day before takes pressure off the busiest morning of the week. Setting out what you need, deciding on a simple meal or two, and knowing your first task means Monday can start smoothly.

- 1 Set out what you need for Monday: bag, keys, clothes, anything to take with you.
- 2 Decide on one or two simple meals for the first busy days of the week.
- 3 Write down your very first task for Monday, so you know exactly where to begin.

PLANNING PAGE Monday Prep

REFLECT *What is one thing you prepared that you are glad is already done?*

Put it together

FOCUS Your 20-minute Sunday Reset.

WHY Now you have tried each part on its own. Today you will put them together into one short ritual that you can repeat every week. It does not need to be a Sunday, and it does not need to take exactly 20 minutes. It just needs to be yours.

- 1 Follow the Sunday Reset Checklist from start to finish.
- 2 Choose your reset day and time, and put it on your calendar as a repeating event.
- 3 Make it pleasant: a favorite drink, some music, a comfortable seat.

PLANNING PAGE Sunday Reset Checklist

REFLECT *What part of the reset do you want to keep every week?*

Sunday Reset checklist: 20 minutes

1. Look back (3 min)

- ☐ Glance at last week
- ☐ Note a high and a low
- ☐ Carry over unfinished

2. Empty your head (4 min)

- ☐ Brain dump everything
- ☐ Check messages and notes
- ☐ Cross out what can go

3. Reset one space (5 min)

- ☐ Clear your main surface
- ☐ Things back in their homes
- ☐ Restock what you need

4. Plan the week (4 min)

- ☐ Fill in Week at a Glance
- ☐ Pick three priorities
- ☐ Protect one open window

5. Make Monday easy (4 min)

- ☐ Set out what you need
- ☐ Choose one or two simple meals
- ☐ Write Monday's first task

Something for you

- ☐ One thing to look forward to
- ☐ Rest on the calendar
- ☐ Next reset booked

MY RESET DAY AND TIME

Brain dump

Write down everything on your mind. Sort it later.

To do

To remember

To buy or get

People to contact

Look back

OVERALL, LAST WEEK FELT

(1) (2) (3) (4) (5)

WHAT WENT WELL

WHAT WAS HARD

A MOMENT I ENJOYED

SOMETHING TO DO DIFFERENTLY

Week at a glance

Week of: _____ Star the busiest day. Circle one open window to protect.

Day	Commitments and plans	Today's three
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Weekly priorities

#	Priority	Day and time	First small step
1			
2			
3			

Not this week

Protected time

Monday prep

Ready to go

- ☐ Bag packed
- ☐ Keys and essentials in their spot
- ☐ Clothes chosen
- ☐ Calendar checked for tomorrow

Simple meals for the first days

MY FIRST TASK ON MONDAY

Weekly habit tracker

List a few small habits to keep this week, such as your reset, a wind-down time, or a short walk. Tick each day.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Ready for more?

If you enjoyed your Sunday Reset, these build on it. All are at [AvantLiving.com](#).

30-Day Life Reset • \$39. *Thirty small daily steps and a weekly ritual you keep.* A month of short, practical steps across planning, energy, home, focus, connection and rest, plus the Sunday Reset ritual that keeps it all running after day 30.

Mini-kits • \$19 each. Weekly Planning System: Plan any week in 20 minutes. Home Reset Kit: Reset, don't overhaul. Digital Focus Kit: Make your phone work for you.

Design Your Days Bundle • \$79. The 30-Day Life Reset plus the Weekly Planning System, Home Reset Kit and Digital Focus Kit. \$96 if bought separately.

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