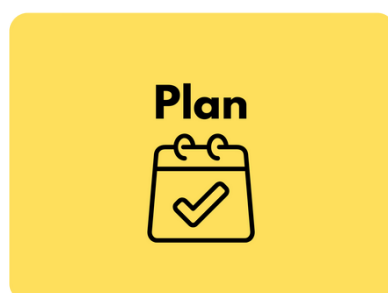




# THE weekend reset challenge

## WEEK 4

7 weekend practices to start your week calm, connected, and confident!



Clear your mind of the endless to do lists by devoting time on the weekend to scan your calendar. This proactive approach gives you a clear outlook for the upcoming week, enabling effective time and energy management. Afterward, prioritize tasks that streamline your week's flow, including meal planning, creating to-do lists or time blocking, organizing outfits, tackling chores, and carving out personal time. **By investing in strategic weekend planning, you pave the way for a smoother, more fulfilling week ahead.** Embrace the empowerment that comes with taking control of your schedule, ensuring that you approach each day with clarity, purpose, and confidence.



### WHAT MIGHT HOLD YOU BACK

- work or other commitments
- ingrained habits
- fatigue
- perfectionism



### RESEARCH CONNECTIONS

Assessing possession 'clutter' on subjective well-being

Tidying up and the aging brain

Time spent on home food preparation and indicators of healthy eating

Effects of goal-setting and feedback on memory performance and beliefs among older and younger adults

An exploratory study of lived experiences with a capsule wardrobe

Does time management work? A meta-analysis



### FOR FURTHER EXPLORATION

Secrets of the Capsule Wardrobe

Ted Talk: How to Gain Control of Your Free Time

The Batch Lady: Shop Once, Cook Once

Ted Talk: Sitting is the New Smoking

Time Blocking



**“By investing in strategic weekend planning, you pave the way for a smoother, more fulfilling week ahead.”**

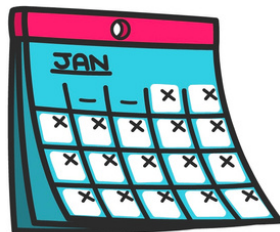
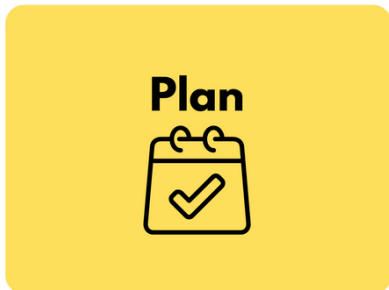
**-Dr. Joni Turville**



# THE weekend reset challenge

## WEEK 4

### 7 weekend practices to start your week calm, connected, and confident!



### This Weekend's To-Do

Use all 4 practices: **connect**, get **outdoors**, **move** your body, and **plan** ahead. Creatively combine and experiment with what works for you!

#### Less Time and Planning

- do a brain dump
- scan calendar for the entire week for an overall picture
- set priorities
- batch similar tasks
- create a to-do list
- make a list of meals for the week
- use time blocking
- tidy up one, small space
- delegate what you can
- reduce time-wasters
- have a family meeting to discuss the week ahead
- create a "donate" box
- scan banking apps
- use a laundry sorter
- block time for self-care activities
- book appointments
- clean one shelf of your fridge
- keep a bedside notepad to banish sleep-disrupting thoughts
- declutter your purse or bag
- take out the trash
- delete 10 photos you don't want

#### More Time and Planning

- create short and longer term goals
- meal prep
- do household chores
- use productivity and time management apps
- develop a capsule wardrobe
- create a posted color-coded family calendar
- try batch cooking
- make a vision board
- create a household chores routine
- prep healthy snacks
- review budget and finances
- break down large projects into smaller tasks
- create a drop zone at your entrance with labeled storage
- create a morning and evening routine
- make a bucket list
- try the Marie Kondo or other organization method
- sort digital photos into folders
- section off drawers and shelves with containers dividers
- organize by color
- declutter a room
- make a birthday and anniversary calendar

#### TRACK

Download The Weekend Reset Challenge Tracker to record this weekend's activities: **Connect-Outdoors-Move-Plan!!**



#### REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

