

# The Weekly Reset Worksheet

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*One calm page, once a week. Return to it whenever you like.*

## 1 Last week, a short look back

What went well, even a little

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What felt heavy, and could be lighter

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## 2 This week, three small intentions

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2 

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3 

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## 3 One thing to let go of

*It can be a task, a worry, or an object.*

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## 4 Where rest goes this week

*Name one moment that is yours, and protect it.*

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*Begin small. Begin again. That is enough.*

MINIMALIST BEGINNINGS

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