



The Weekly Mental Reset Framework

A weekly reset isn't about getting organised.
It's about creating enough mental space to begin the week with greater clarity
and less friction.

Empty Your Head

Write down everything you're carrying — tasks, decisions, reminders.

Look Ahead Briefly

Check the coming week for pressure points or surprises.

Notice One win, One Drain

What helped your energy? What quietly depleted it?

Close One Loop

Send one message, make one decision, or remove one lingering task.

Know When To Stop

The goal is clarity, not perfection.
