

SUNDAY PLANNING CHECKLIST

“One minute of planning saves ten minutes of time.”

CLOTHES

- Wash, fold and put away laundry.
- Lay clothes out for Monday.
- Gather dry-cleaning.

NOURISHMENT

- Plan meals for week.
- Grocery shopping.
- Prepare ready-to-eat healthy snacks.
- Wash dishes and empty dishwasher.

HOME

- Put everything in its place.
- Sweep floor.
- Wipe down surfaces in bathrooms and kitchens.
- Clear the clutter from your workspace.

PLAN

- Review calendar for the week.
- Set alarm clock for the morning.
- Charge cell-phone and laptop.

HEART + REST

- Share love with week-starter notes or messages.
- Put a good book near your bed.
- Spend time resting and refueling your tank to prepare to focus on what matters most during the week ahead.