

Monthly Reset Routine

August



Home

- wash bedding _____
- wash towels & hand towels _____
- wash bathroom mats _____
- change out seasonal clothing _____
- clean out fridge _____
- tidy pantry _____
- _____
- _____
- _____

Mind / body

- pick a new book or podcast _____
- set a monthly intention/goals _____
- make a not to do list _____
- _____
- _____
- _____

Car

- clean out trash/ items that don't belong
- go through car wash & vacuum
- restock (tissues, gum, etc)

Bag

- clean out bag (s)
- restock

Planning

- brain dump & create list of actions
- plan month (check all calenders)
- check birthdays, holidays, events
- make appts (self care, check ups, etc)

Misc

This month's main goal