

# Monthly Reset Routine

"Nobody wants to tell you why discipline is so important.  
Discipline is the strongest form of self love.  
It's ignoring the current pleasures for bigger rewards to come.  
It's loving yourself enough  
to give yourself everything you've ever wanted."

## February

### 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