

Monthly Reset Routine



Home

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

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

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

Purse/diaper 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

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