



Weekly Gentle Reset

This page is an invitation to pause before the week begins again. You do not need to plan perfectly or improve yourself — this is about checking in, softening, and choosing one kind intention.

1. What has this week taken from me?

Notice where your energy went. Work, people, emotions, decisions, caregiving, or simply getting through the days.

2. What has this week given me?

This can be small or quiet. Moments of relief, connection, pride, rest, or simply survival.

3. What do I need more of next week?

Consider rest, space, reassurance, boundaries, support, joy, or simplicity.

4. One gentle intention for the coming week

Choose something realistic and kind — not a goal to chase, but a way to support yourself.

You do not need to reset your whole life. One small pause is enough.