

DAY	MORNING	MIDDAY	EVENING	DAILY FOCUS
MONDAY	Light home reset	Laundry + errands	Early dinner, simple evening	Ease in + admin
TUESDAY	Self-care (walk, shower, stretch)	Deep cleaning or decluttering	Screen-free time with kids	Home flow + connection
WEDNESDAY	Grocery or meal prep	Quiet chore day or phone calls	Solo rest time or early bed	Catch-up + gentle rest
THURSDAY	Morning podcast + tea	Organize a drawer or closet	Chat with a friend or go outside	Home tending + social
FRIDAY	Reflective journaling/slow start	Fridge tidy + weekend planning	Family night	Reset + reflect
SATURDAY	Slow breakfast, stay in pajamas	Light home reset or walk	Movie or game night	Family first + play
SUNDAY	Home reset	Outdoor time or batch cook	Bath, early bedtime	Sabbath feel + soul prep