

She Who Plans: The Weekly Reset



Name:

Before stepping into a new week, give yourself a moment to pause.

Life moves fast, and without checking in, it's easy to carry last week's stress, unfinished tasks, and overwhelm straight into the next one.

This reset is your space to reflect, refocus, and move forward with intention—not pressure.

You don't need to have everything figured out.

You just need a clear starting point.

Section 1: Reflect on last week

1. What went well?

Take a moment to look back without judgement.

Notice the positives, even the small ones.

- **What did I handle well?**
- **What felt good or worked in my favour?**
- **Where did I show up for myself?**

You've reset your mindset

—now it's time to structure your week.

Without structure, it's easy to fall back into reacting, rushing, and feeling overwhelmed.

If you're ready to move through your week with more control and direction:

Use your She Who Plans Planner to map out your time, priorities, and routine

Join a She Stands session for guidance, support, and accountability