



# *the cozy sunday* **RESET**

Plan your week, prep your meals,  
and start Monday feeling calm and in control



MEAL  
PLANNING



WEEKLY  
RESET



HABIT  
TRACKER



HOME  
ROUTINES



Bake Easy, Live Cozy

*sunday reset*

# WHO IS THIS BOOK FOR?

This book is for you **if you are ready to do the work to enjoy a more balanced, fulfilling life.**

Sundays are that sweet spot between the end of the weekend and the start of the workweek. It's the perfect day to reset, recharge, and plan out your week with intention.

Think of it as your secret weapon for reducing stress and boosting your productivity.

A Sunday reset routine isn't just about getting things done; it's about **creating a balanced, fulfilling life.** By dedicating time to plan and prep, you set a positive tone for your week, reduce last-minute stress, and create more space for what truly matters.

Packed with checklists, templates, trackers, and routines to boost your week, tons of inspiration for self-care, hacks to get things done, and tips and tricks to feel better about the new week ahead.

**Ready to take control of your week?** Dive into "The Cozy Sunday Reset" and discover how a little Sunday prep can lead to a lot of amazing Mondays (and Tuesdays, and Wednesdays...).

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# COMPARISON WORKSHEET

Where does your time go? Make a list of the things that are part of your Sunday routine right now. Write them down, and then study them.

Now write out a new list of the things that you really want to be part of your Sunday routine.

A large light pink rectangular area divided by a vertical dashed line, intended for writing. The area is split into two equal-width columns, providing space for the user to write their current Sunday routine on the left and their desired Sunday routine on the right.

Include any obstacles that might prevent you from achieving your new Sunday goals and how you can manage those obstacles.

# MORNING MINDFULNESS

Start your Sunday with a few minutes of mindfulness. Even just sipping your coffee in peace, taking time to center yourself can make a huge difference.

## **Connect with Your Spiritual Self**

While you might immediately think you don't have time for such things, and let your thoughts go to that enormous TODO list, setting aside time to tap into your spiritual side is a critical first step to setting yourself up for success.

Whether it's guided meditation, journaling, yoga, or self-care rituals, getting in the right headspace is crucial for a better Monday. Self-care Sundays can bring you closer to your idea of a meaningful life.

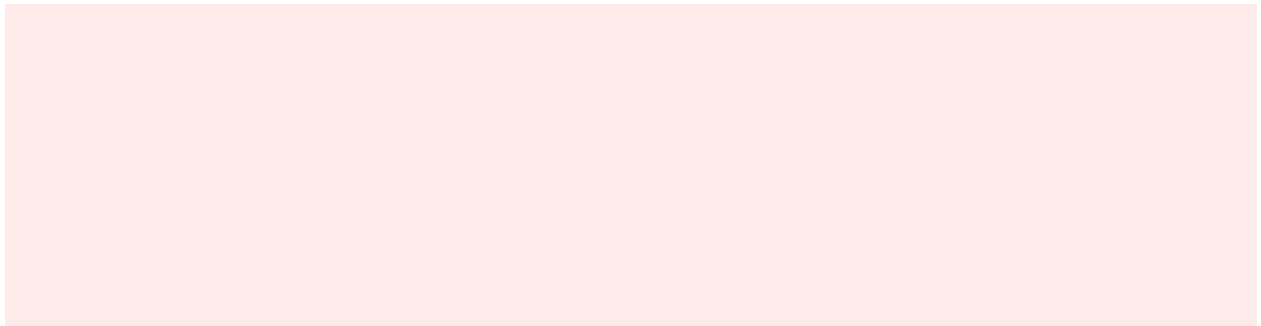
## **Get Outdoors**

Sunday Funday begins when you step outside, especially with the kids! Try gardening, hiking, park visits, checking out local events, walking the dog, or exploring your neighborhood. The simple things add so much joy to life.

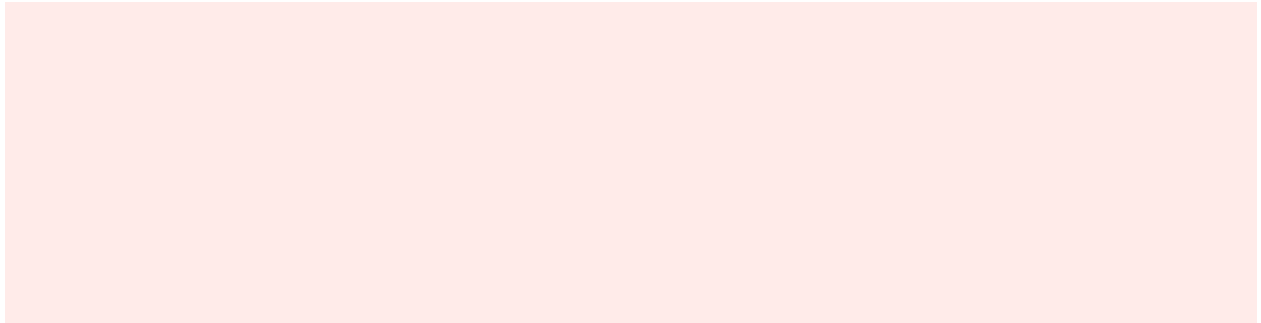
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# MORNING MINDFULNESS

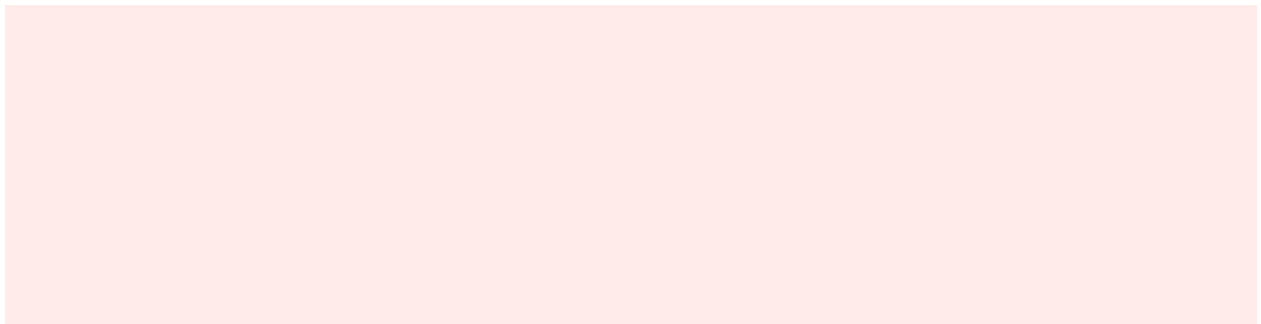
What mindfulness practices do you enjoy? Is it meditation, journaling, a walk with your sweetie or the kids? Make a list here of what you usually do.



Now write out a new list of the mindfulness ideas that you really want to be part of your Sunday routine.



Write out the obstacles you can see that might prevent you from achieving your new Sunday mindfulness goals and how you can manage those obstacles.



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# MEAL PREP MAGIC

Say goodbye to weekday meal stress! With our simple meal prep reset, you'll have delicious, healthy meals ready to go, freeing up time and mental energy.

**Meal Plan** for the following week. Use the Weekly Meal Planner template that follows. **Get the family involved! Let each one choose their favorite meal one day per week.**

**Inventory Check:** Begin by scanning your pantry and fridge, then make a shopping list with the template that follows your Weekly Meal Plan. It's also the perfect time to tidy up any spills or messes you find.

**Meal Plan Prep:** Whether you **prep entire meals to freeze or just chop veggies and fruits for the week**, find a system that works for you. Here are some ideas:

- Prepare and store three go-to meals.
- Prep a couple of **crockpot** or **instantpot** meal bags for easy dinners.
- Chop and store veggies.
- Cook grains like rice or quinoa.
- Prepare proteins: grilled chicken, ground beef for casseroles.
- Batch bake breakfast foods like muffins or breakfast burritos.
- Pre-pack snacks to stick to your healthy eating plan.
- Load the coffee maker for Monday morning.

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# MEAL PLANNING

Week: .....

Meal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snack							
Lunch							
Snack							
Dinner							



# ORGANIZE & DECLUTTER

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**Tidy Up** - A clean house can make the start of a new week feel refreshing. Make tidying up part of your Sunday routine.

**Home Maintenance** - Don't wait for things to break; maintain them instead. Reserve some time Sunday afternoon for some of these basic home items:

## LAUNDRY & CLEANUP

- Bedding & Towels
- Seasonal swaps
- Clothes for the week
- Vacuum
- Countertops

## HOME MAINTENANCE

- HVAC filters
- Replace lightbulbs
- Sanitize carpets
- Backyard clutter
- Garbage/Recycle

## TECHNOLOGY CLEANUP

- Review & delete emails
- Schedule screen time
- Social media fast
- Delete apps not needed
- Organize passwords

## READINESS FOR WORK & SCHOOL

- Plan outfits
- Prepare & pack lunches
- Prep work/school bags
- Use a meal planner
- Clear workspace

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# PLAN YOUR WEEK

## **Plan Out Some Life Goals**

Take time for yourself to dream about the future and set achievable professional and personal goals. These could also include financial goals, like planning a vacation.

Break these into “mini-goals” to start on the next day. For example, you’ve been meaning to get back to walking at lunch every day. Put a timer on your phone and just do it.

Sometimes, all you need to change your life is to start, and Sunday is the perfect day for dreaming.

## **Make Connections**

Spend Sunday connecting with loved ones.

Call your parents, have a game night with the kids, gather friends for a potluck dinner.

Plan a date night with your partner. Nothing beats the rejuvenation from TLC with your nearest and dearest.

Text your best friend to setup that long overdue coffee date and make it happen.

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# SELF CARE SUNDAYS

## **Combat the Sunday Scaries with some self-care:**

- Sleep in a bit.
- Enjoy a special cup of coffee in bed.
- Take a long bath.
- **Get lost in a book (check out Kindle Unlimited!).**
- Book a facial, mani/pedi or massage. Better yet, book it with your sister or BFF!

## **Update Your Planner/Journal**

If Sundays feel dreadful, it might be because of all the to-dos floating in your head.

Plan out your week with **a mini productivity plan** with the template that follows!)

- Transfer unfinished tasks from last week.
- **Convert worries into actionable items and schedule them.**
- Schedule easy-to-forget tasks: calling friends, workouts, family time.
- Plan your kids' activities and sync with the whole family.
- Prioritize tasks for the week ahead.

**Track new habits and set intentions for the coming week during this time.** (Habit tracker template follows!)

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# MY HABIT TRACKER

Use this sheet to create a monthly challenge. Think about walking for 30 minutes at your lunch break, trying one new recipe, or setting up an evening routine.

<i>habit</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
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# WEEKLY PLANNING

Use this worksheet to help you plan your Sundays

<i>monday</i>	_____
<i>tuesday</i>	_____
<i>wednesday</i>	_____
<i>thursday</i>	_____
<i>friday</i>	_____
<i>saturday</i>	_____
<i>sunday</i>	_____

## checklist

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## notes





## About the Author

Judy is a lifestyle enthusiast dedicated to helping others find balance and joy in their everyday lives. With a knack for planning and organizing, she's passionate about transforming chaotic, stressful days into calm and fulfilling ones. Her practical approach to self-care and productivity is at the heart of **The Cozy Sunday Reset: plan your week, prep your meals, and start Monday feeling calm and in control.**

Based in Canada, Judy draws inspiration from her own journey towards a simpler, more intentional lifestyle. She believes in the power of small, consistent actions to create meaningful change, and she shares these insights with her readers in a relatable and down-to-earth manner.

When she's not crafting her latest strategies for a better week, Judy enjoys baking delicious desserts, exploring nature, indulging in cozy self-care rituals, and spending quality time with family and friends. Her love for hygge and simple living shines through in her writing, as she offers heartfelt advice and practical tips for leading a more gratifying life.

Through "The Cozy Sunday Reset," Judy aims to inspire others to embrace the beauty of a well-planned Sunday, turning it into a foundation for a productive and joyful week ahead.



@pieladybakes



@pieladybakes



pieandpastrygal

# YOU'RE READY FOR A CALMER WEEK

*You don't need to do everything at once.*

Start small.

Pick a few steps from your Sunday Reset and make them your own.

This isn't about doing it perfectly.

It's about creating a rhythm you can come back to—week after week.

One calm Sunday at a time...

your week will start to feel easier.

## **KEEP THE COZY GOING**

If you'd like a little more support, inspiration, and simple ideas to make everyday life feel better, I'd love to have you join me here:

[\*\*Explore Cozy Living at Pie Lady Bakes\*\*](#)

## **A LITTLE NOTE FROM ME**

I created this guide because I know how overwhelming life can feel sometimes.

And I also know how much of a difference a simple reset can make.

You don't need more pressure.

You just need a gentle place to begin again each week.

You've got this.

Judy

**Bake Easy, Live Cozy**

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