



THE *Cozy* SUNDAY RESET

More time doesn't organize itself.

A simple Sunday reset helps us
choose what matters before
the week chooses for us.

Sunday Reset

- Plan meals
- Grocery list
- Home reset
- Self care
- What matters most

Choose
intention.
Not
obligation.
♡

sunday reset

WHO IS THIS RESET FOR?

This guide is for those of us who want the week to feel a little softer before it begins. Not perfect. Not packed. Just more thoughtful, more prepared, and more peaceful.

Sunday gives us a natural pause between the weekend and the week ahead. It's a chance to look at the calendar, think about meals, check what's already in the fridge or freezer, and decide what would make the next few days feel easier.

That's really what a Sunday reset is.

It's not about doing everything. It's not about creating a perfect routine or filling every hour with something productive.

It's about taking a little time to notice what matters this week.

A few simple meals. One small home task. An appointment you don't want to forget. A recipe you'd like to make. Time for a walk, a book, a phone call, or a quiet afternoon at home.

Inside The Cozy Sunday Reset, you'll find simple planning pages, checklists, and prompts to help you start the week with more calm and less scrambling.

Because more time doesn't organize itself.

And a softer start to the week can make all the difference.

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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 second list of the things that you really want to be part of your Sunday routine. What would you like Sunday to feel like?

Think about the small things that would make the week easier: checking the calendar, planning a few meals, tidying one area, baking something simple, calling someone, getting outside, or leaving room to rest.

A large, light pink rectangular area occupies the middle of the page. A vertical dashed line runs down the center of this area, dividing it into two equal-width columns. This area is intended for the user to write their current Sunday routine on the left and their ideal Sunday routine on the right.

This is not about judging how you spend your time. It's about seeing what's working, what isn't, and what you want to make room for.

MORNING MINDFULNESS

MORNING MINDFULNESS

Start Sunday with a few quiet minutes before the day starts filling up.

This does not need to be a formal routine. It can be as simple as drinking your coffee without rushing, opening a window, reading a few pages, writing in a notebook, sitting outside, or taking the dog for a slower walk.

The point is to begin the day by checking in with yourself.

CONNECT WITH WHAT GROUNDS YOU

Before you move into the list, the meals, the laundry, or the errands, take a little time to notice what you need.

That might be prayer, journaling, yoga, reading, stretching, music, quiet, or a few minutes in the kitchen before everyone else is moving around.

A Sunday reset works better when it starts from calm instead of pressure.

GET OUTDOORS

Fresh air can change the whole feeling of the day.

Take a walk, putter in the garden, visit a park, sit on the porch, walk the dog, or simply step outside for a few minutes.

You don't have to make it complicated. The simple things still count.

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MORNING MINDFULNESS

What helps you feel grounded on a Sunday?

Write down the things you already do that help you slow down, clear your head, or feel more like yourself.

Now write a second list. What would you like to include more often?

This might be a walk, coffee in a quiet room, prayer, journaling, reading, baking, stretching, time outside, or a slower start to the day.

Use the last section to note what gets in the way. Too much on the list?

A house that gets busy quickly? The habit of starting with chores before you've even had breakfast?

Choose one small thing you can protect this Sunday.

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MEAL PREP MAGIC

Meal planning does not need to mean planning seven dinners from scratch.

Start with what you already have.

Check the fridge, freezer, and pantry before you make a list. Look for leftovers, vegetables that need using, fruit that could become a simple dessert, soup ingredients, cooked chicken, pantry staples, or a meal you tucked away and forgot about.

Then choose a few meals that fit the week you actually have.

Use the **Weekly Meal Planner** on the next page to jot down simple ideas for breakfast, lunch, dinner, and snacks. Keep it flexible.

You might plan soup for lunches, sandwiches for a busy day, something from the freezer, a slow cooker meal, or one easy dinner that gives you leftovers.

A little prep can help too:

- Wash fruit.
- Chop vegetables.
- Cook rice or quinoa.
- Prepare a protein for a few meals.
- Bake muffins for breakfast or snacks.
- Take something out of the freezer.
- Set up the coffee for Monday morning.

The goal is not to impress anyone. The goal is to make the week easier.

chapter 02

Week of:

sunday reset

MEAL PLANNING

Use this page to plan simple meals for the week ahead. You do not need to fill in every box.

Start with the days that need the most help. Then add the meals, snacks, or leftovers that will make those days easier.

Think about what you already have, what needs using up, and what will realistically fit your week.

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

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ORGANIZE & DECLUTTER

A home reset is not a deep clean. It is choosing the small things that will make the week feel easier.

Tidy Up - Pick one area that keeps getting in your way. The kitchen counter. The fridge. The entryway. The laundry chair. The bathroom sink. The pile of papers that keeps moving from one spot to another. Do enough to feel the difference, then stop.

Home Maintenance - A few small home tasks are easier when they're noticed before they become urgent. Check what applies this week:

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 THE WEEK

- Look over the calendar
- Plan a few simple meals
- Prep one helpful thing
- Gather what you need for errands or appointments
- Clear one small space that helps you feel settled

chapter 03

sunday reset

PLAN YOUR WEEK

A good week does not happen because every hour is scheduled. It happens when you make room for what matters.

PLAN WHAT NEEDS YOUR ATTENTION

Take a few minutes to look at the week ahead.

Appointments. Family plans. Client work. Errands. Meals. Groceries. Pet care. House tasks. Time outside. Baking. Rest.

Write down what needs your attention and what can wait.

If the week already feels full, protect some open space. White space on the calendar is not wasted time.

MAKE ROOM FOR REAL LIFE

This is also where you can think about the things you want more of.

- A walk at lunch.
- A recipe you've been meaning to try.
- A phone call with a friend.
- Coffee with someone you love.
- A quiet afternoon at home.
- A visit with family.
- A little time to write, bake, read, garden, or simply putter.

You are not trying to build a perfect week. You are choosing a better one.

chapter 04

sunday reset SELF CARE SUNDAYS

Self-care does not have to be fancy.

It can be sleeping a little later, enjoying a good cup of coffee, taking a bath, getting lost in a book, going for a walk, booking an appointment you've put off, or giving yourself permission to have a slower afternoon.

The point is not to add another task to the list.

The point is to remember that you are part of the week too.

UPDATE YOUR PLANNER OR JOURNAL

If Sunday feels heavy, it may be because too many loose ends are floating around in your head.

Use the **Weekly Reset Plan** on the next page to clear some space.

Move unfinished tasks forward. Write down what is worrying you. Choose your top priorities.

Schedule the things that are easy to forget, including rest, movement, family time, phone calls, and anything that supports your well-being.

Track the habits that matter to you.

Set an intention for the week. This is not about doing more.

It is about beginning the week with fewer things tugging at you.

chapter 05

Date:

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WEEKLY RESET PLAN

Take time for

Schedule

What matters this week

Top priorities

Small things to do

My Weekly Reflection

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MY HABIT TRACKER

Use this sheet to track a simple habit for the month. **Choose habits that support the life you want to live**, not habits that make you feel like you are falling behind. Think about walking, drinking more water, stretching, reading, writing, baking once a week, planning meals, tidying one small area, or keeping one evening free. **Small habits count.** They are often the ones that last.

<i>habit</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY PLANNING

Use this worksheet to plan your week in a way that feels realistic. Start with what is already on the calendar. Then add the things that will help the week run more smoothly: meals, errands, appointments, home tasks, work blocks, family plans, baking, rest, and open time. Use the checklist for reminders you don't want to forget. Use the notes section for anything that does not fit neatly into a box. This is your week. Plan it in a way that supports you.

<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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- _____
- _____
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- _____
- _____

notes



About the Author

Hi, I'm Judy, the baker and writer behind Pie Lady Bakes.

I created **The Cozy Sunday Reset** because I know how easily a week can fill up before we've had a chance to think about what we actually want from it.

At this stage of life, I'm not interested in rushing through my days just to tick more boxes. I want time for good food, simple routines, family, fresh air, baking, writing, and the kind of home life that feels calm and lived in.

That does not happen by accident.

A Sunday reset is one small way to pause, look at the week ahead, and choose what matters before the week starts choosing for us.

Through Pie Lady Bakes, I share easy desserts, old-fashioned recipes, baking tips, cozy living ideas, and practical encouragement for creating a life that feels good to come home to.

My hope is that this guide helps you begin the week with more calm, more intention, and a little more room for the things that matter most.

Bake Easy, Live Cozy.



@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.

A LITTLE NOTE FROM ME

I created this guide because I know how overwhelming life can feel when the week gets ahead of us.

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

You don't need more pressure.

You need a place to pause, gather your thoughts, and begin again.

♥ *Judy*

If you'd like more simple ideas for baking, cozy living, and making everyday life feel a little better, I'd love to have you visit me here:

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

Bake Easy, Live Cozy