

# Weekly Reset

A check-in for your energy, capacity, and priorities

## The past week review

The week in a word: \_\_\_\_\_

Weekly Highs: \_\_\_\_\_

Energy Check (What drained you): \_\_\_\_\_

Reason for the battery drain: \_\_\_\_\_  
(lack of boundaries, prep, etc.)

## The 80/20 Reset

What worked

---

---

---

What Didn't

---

---

---

## Looking forward

Starting battery level 1 2 3 4 5 6 7 8 9 10

My give score % \_\_\_\_\_

My slow morning day: Mon \_\_\_ Tues \_\_\_ Wed \_\_\_ Thurs \_\_\_ Fri \_\_\_

## Boundries

Hard no:

---

Non-negotiable block:

---

## Energy Audit

Task	Drains Me	Neutral	Gives me life

## 1% Better

One small action for growth this week:

---

---