

# Sunday Habits

FOR A PRODUCTIVE WEEK



## Plan

1. Reflect on the previous week
2. Plan your week
3. Set your goals
4. Prioritize and write out your to-do list
5. Plan your weekly meal menu
6. Plan your outfits for the week
7. Check and plan your budget
8. Plan your weekly exercise

## Do

1. Do grocery shopping and prep meals
2. Clean and organize your desk and office
3. Clean the house and make sure all the dishes are done before bed
4. Organize and declutter your space
5. Clear out your inbox
6. Do laundry, fold and put away
7. Go for a walk
8. Practice self-care - take a bubble bath, do yoga, meditate, etc.
9. Spend time with loved ones
10. Go to bed early

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THE SECRET  
OF GETTING  
**ahead**  
IS GETTING  
**started.**

MARK TWAIN

