

November Reset Checklist



- ☐ Take 5 minutes each morning for quiet (coffee counts as meditation, right?)
- ☐ Journal one thought or feeling per day—no pressure, no perfection
- ☐ Say “no” to one thing this week (and don’t apologize for it)
- ☐ Do one thing that makes you laugh (even if it’s just watching a squirrel fall off a fence)



- ☐ Make a simple holiday game plan (3 things you actually want to do)
- ☐ Write down gift ideas before panic sets in
- ☐ Schedule one day for rest in December—yes, block it off now
- ☐ Check your calendar and remove one thing that doesn’t spark joy (or sanity)



- ☐ Declutter one drawer or surface (junk drawer = advanced level)
- ☐ Light a fall-scented candle and pretend you live in a cozy cabin
- ☐ Create a “cozy corner” with a blanket, book, and zero responsibilities
- ☐ Prep one room for holiday hosting—or decide not to host and reclaim your peace



- ☐ Eat one meal that didn’t come from a wrapper
- ☐ Move your body gently—walk, stretch, dance in the living room
- ☐ Drink water (yes, even if it’s in a fancy tumbler with a straw)
- ☐ Go to bed 30 minutes earlier at least twice this month