



ENTREPRENEUR | COACH | SPEAKER

## Sunday Reset Rituals

A Guided, Gentle End-of-Week Practice to Prevent Burnout & Start Fresh

This isn't about productivity hacks.

It's about reconnecting—with your mind, your body, and what matters most.

**A softer way to close your week and begin the next one feeling grounded, not exhausted.**

### 1. Slow Down and Check In

*Before jumping into a to-do list, give yourself space to just be.*

**Try this 3-minute grounding practice:**

- Sit somewhere quiet.
- Close your eyes and take 3 deep breaths—inhale through your nose, exhale through your mouth.
- Place one hand on your chest and the other on your stomach.
- Ask yourself:
  - *How do I feel physically?*
  - *What emotions are present?*
  - *What do I need right now—rest, clarity, connection, stillness?*

***TIP: Write down your answers or record a voice note.***

***This small act of tuning in can shift everything.***

### 2. Reflect on the Week with Kindness

*Take a few moments to honor everything you've moved through—without judgment.*

***You can journal or simply think about:***



ENTREPRENEUR | COACH | SPEAKER

S.No.	Statements	
1.	One thing I accomplished or am proud of:	
2.	One difficult moment I got through:	
3.	One thing I learned (about work, people, or myself):	
4.	One thing I'm grateful for this week:	
5.	One thing I'd like to improve or shift:	

***TIP: This isn't about grading yourself—it's about seeing your humanity in motion.***

**3. Add a "Future Self" Visualization**

*Take a few quiet moments to picture the version of yourself who's already healed, balanced, and thriving.*

**Guided Prompt (3 mins):**

- Close your eyes. Imagine your future self next Sunday—calm, proud, at peace.
- Ask: What one small choice did I make this week to support that version of me?
- Write it down (e.g., "I said no to overtime").

***TIP: Keep it realistic and doable—just one small win that makes you feel aligned and empowered.***

**4. Declutter Something Small**





ENTREPRENEUR | COACH | SPEAKER

***Burnout thrives in chaos. But big cleanups aren't always possible—nor necessary.***

***Pick one small area to tidy or refresh:***

- Your bedside table
- The apps on your phone home screen
- One corner of your kitchen or desk
- The tabs on your browser

***TIP: Optional: Light a candle or incense while you do it. Let this become a mini ritual of reclaiming peace.***

**5. Prepare Without Overplanning**

***You don't need to map your week hour-by-hour. But having a gentle structure can bring relief.***

***Use these prompts to softly plan ahead:***

S.No.	Statements	
1.	My top 3 priorities for the week:	
2.	One task I'll carry over from last week:	
3.	One boundary I'll protect (e.g., no emails after 7pm, lunchtime walks, etc.):	
4.	One person I want to connect with:	
5.	One thing I'll do to care for my body:	

***TIP: Don't aim for a perfect week. Aim for a supported one.***

Shagun Agarwal

ENTREPRENEUR | COACH | SPEAKER

## 6. Set Up a Workday Wind-Down Practice

*The way you end your Sunday impacts how you start your Monday.*

**Try adding one of these as a new ritual:**

- Close your laptop or workspace with intention—wipe the surface, stack papers, unplug devices.
- Write a “brain dump” list of everything you’re holding in your head so it doesn’t come with you to bed.
- Schedule one thing that feels good on your Monday calendar (even a post-it that says “stretch and smile” 😊).

**TIP:** *End-of-day rituals turn chaos into clarity. Repeat them daily to build a rhythm your mind and body can trust.*

## 7. Choose a Sunday Self-Care Ritual

*Let your nervous system exhale.*

**Here’s a menu of soft, restorative options:**

- 🛁 Long bath or warm shower with calming scents
- 🎧 Guided meditation or nature sounds
- 📖 Reading something non-work related for joy
- 🧘 Gentle yoga or stretching
- ✍️ Freewriting or brain-dump journaling
- 🍵 Herbal tea + no screens for 30 mins
- 😴 Going to bed without guilt, even if “nothing” got done

**TIP:** *Rest is not a reward for productivity. It’s a human need.*

### 💬 FINAL AFFIRMATION

*"I'm allowed to reset, rest, and restart  
—without explanation or apology. I am  
not behind. I am becoming."*