

Monday Reset Scorecard

A 10-minute weekly check-in to plan, simplify, and stay consistent.

Week of: _____

Rate each area 1-10, then set 3 priorities and 3 actions for the week.

Scorecard (1-10)

	1	2	3	4	5	6	7	8	9	10
Mindset & focus	○	○	○	○	○	○	○	○	○	○
Health & energy	○	○	○	○	○	○	○	○	○	○
Work / studies	○	○	○	○	○	○	○	○	○	○
Relationships	○	○	○	○	○	○	○	○	○	○
Faith / meaning	○	○	○	○	○	○	○	○	○	○
Finances	○	○	○	○	○	○	○	○	○	○
Environment	○	○	○	○	○	○	○	○	○	○
Fun & rest	○	○	○	○	○	○	○	○	○	○
Total (out of 80):	_____									

This week plan

Top 3 priorities (must-do):

One focus habit (daily):

One thing to stop / reduce:

Last week reflection

3 wins:

1 blocker to solve:

Schedule & accountability

Key appointments / deadlines:

3 actions that move my life forward:
