

A Planner's Life

Busy Mom Monthly Reset

A gentle 30-minute planning reset for the month ahead

HOW TO USE THIS MINI PACK

Make a drink, set a 30-minute timer, and fill out one page at a time. The goal is not perfection - it is a calmer month with fewer things held in your head.

This Month at a Glance

Month: _____	My one word: _____
Important dates 1. _____ 2. _____ 3. _____ 4. _____	What would make this month feel lighter? _____ _____ _____ _____

The brain dump: everything asking for my attention

Week One Reset

Start small. Choose what matters most this week.

My top 3 priorities

Home

- Meals / grocery list
- Laundry
- One reset task
- Other: _____

Family

- School / childcare
- Appointments
- Activities
- Other: _____

Me

- Rest / movement
- Personal task
- Connection
- Other: _____

Money

- Bills due
- Spending check-in
- Savings goal
- Other: _____

One thing I can prep now to help future me

You are allowed to plan for the life you actually have.