

A FREE GUIDE FROM AUREWELL SOLUTIONS

The Weekly Wellness Reset

A gentle planner to help you slow down, check in with yourself, and plan your week around intention instead of pressure.

AureWell Solutions

Guided by purpose. Rooted in care.

WELCOME

Start where you are

This planner was made for the weeks when everything feels like too much, and for the weeks when you simply want to feel more like yourself. Use it in whatever way feels sustainable. Skip pages, come back later, write a single word instead of a paragraph. There is no wrong way to care for yourself.

> This is not about doing more.
> It's about listening more.

HOW TO USE THIS PLANNER

01
Weekly Intention
Choose one word or feeling to guide your week.

02
Gentle Goals
Set two or three realistic goals, kindly.

03
Daily Check-In
Take two minutes a day to notice how you're doing.

04
Rest & Reflect
Make room for self-care, then look back with compassion.

Tip: Print this planner each week, or save a copy and fill it in on your phone or tablet.

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STEP ONE

Weekly Intention

Pick one word or feeling to return to whenever the week gets loud. Let it guide your choices, not judge them.

Week of _____

NEED INSPIRATION?

Rest · Clarity · Patience · Courage · Peace · Balance · Joy · Grace · Focus · Release · Gentleness · Trust

MY WORD FOR THIS WEEK



WHY THIS WORD, RIGHT NOW?

THIS WEEK, I WILL REMIND MYSELF THAT...

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STEP TWO

Gentle Goals

Choose two or three goals that feel kind and doable. Small and steady counts.

S	M	A	R	T
SPECIFIC	MEASURABLE	ACHIEVABLE	RELEVANT	TIME-BOUND

Goal 1

A small first step

When I'll do it

If it gets hard, I'll be kind by...

Goal 2

A small first step

When I'll do it

If it gets hard, I'll be kind by...

Goal 3

A small first step

When I'll do it

If it gets hard, I'll be kind by...

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STEP THREE

Daily Check-In

Two minutes, once a day. Notice without judging. Circle how you're feeling from low (left) to full (right).

Monday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Tuesday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Wednesday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Thursday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

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Friday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ▢ ▢ ▢ ▢ ▢ ▢ ▢ ▢

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Saturday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ▢ ▢ ▢ ▢ ▢ ▢ ▢ ▢

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Sunday

Today's focus _____

Mood ○ ○ ○ ○ ○ Energy ○ ○ ○ ○ ○

Water ▢ ▢ ▢ ▢ ▢ ▢ ▢ ▢

☐ Moved ☐ Nourished ☐ Rested

A moment of joy _____

Something hard _____

Patterns I'm noticing

_____

_____

_____

_____

_____

A gentle reminder

Low days are information, not failure. If you notice the same heaviness showing up day after day, that is a sign to slow down further, ask for help, and give yourself the care you so easily give to others.

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STEP FOUR

Rest & Self-Care

Check what you tried this week, or circle what you'd like to make room for. Care for your whole self: body, mind, and spirit.

Body

- [ ] A 10-minute walk
- [ ] Stretching or gentle movement
- [ ] Drinking more water
- [ ] A nourishing meal
- [ ] An earlier bedtime
- [ ] A warm bath or shower

Mind

- [ ] Unplugging for an hour
- [ ] Journaling
- [ ] Reading for fun
- [ ] Saying no to something
- [ ] Tidying one small space
- [ ] Deep breathing

Spirit

- [ ] Prayer or meditation
- [ ] Time in nature
- [ ] Calling someone I love
- [ ] Listening to music
- [ ] Gratitude list
- [ ] Quiet time alone

WHAT HELPED ME FEEL RESTED OR AT EASE THIS WEEK?

ONE WAY I CAN CARE FOR MYSELF NEXT WEEK

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LOOK BACK

Weekly Reflection

Close the week with compassion. Celebrate what went well, and be honest about what felt heavy.

Wins, big or small

What am I proud of this week?

Challenges

What felt heavy or hard?

Lessons

What did this week teach me?

Looking ahead

What do I want to carry into next week?

How full does my cup feel right now?

Empty ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ Full

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LET'S WORK TOGETHER

You don't have to reset alone.

If this planner helped you notice that you need more support, AureWell offers gentle, non-clinical wellness guidance for individuals and teams in every industry.

1:1 Reset Sessions

Personal support to recover from burnout

Workshops & Programs

Wellness for teams and workplaces

Speaking

Talks on burnout, stress, and balance

Book a Reset

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This planner is a supportive wellness tool and is not a substitute for professional medical or mental health care. If you are in crisis or need medical support, please contact a licensed professional or call or text 988.

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