ONLY A BREATH

Weekly Mum Reset Planner

A gentle space to pause, align, and simplify the week ahead.

This Week’s Priorities

Meals To Keep Simple

MON

TUE

WED

THU

FRI

SAT

SUN

Family Appointments & Activities

MON

TUE

WED

THU

FRI

SAT

SUN

Home Tasks & Rhythm

One Thing For Me (Self-Care)

One Thing I Can Let Go Of

Notes & Space to Breathe