

THE RUSTIC COMPASS · FREE STARTER KIT

The Weekly Life Reset

Thirty quiet minutes that set up the whole week — home, money, food and one thing for you.

Find your direction.

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Start here

This is the one habit that makes the rest of the Compass work: half an hour, once a week, in the same order.

It is one of five free sheets in the Compass Starter Kit.

How to use this workbook

- Choose your slot and put it in the calendar now.
- Do the list in order — it is quickest that way.
- Plan five meals, not seven.
- Print a stack and keep them in one place.

Type into it, or print it

Every box, line and tick box in this file is live — open it on a phone, tablet or computer and type straight in, then save your copy. Prefer pen and paper? Print it single-sided on plain US Letter and reprint any page as often as you like. The contents page links jump you to any worksheet.

What's inside

Tap or click any line below to jump straight to that worksheet.

1. The reset, in order — Thirty minutes, same slot every week.
2. This week — Three priorities and the week on a page.
3. Looking back — Two lines, no self-improvement lecture.

1. The reset, in order

Pick a slot — Sunday evening works for most people — and run down this list. It is the same list every week, which is the point.

Home (10 minutes)

- ☐ Ten-minute tidy of the room you use most.
- ☐ One wash on and away.
- ☐ Bins and recycling ready.
- ☐ Flat surfaces cleared.

Money (5 minutes)

- ☐ Check the balance.
- ☐ Look at what leaves before next payday.
- ☐ Cancel or query anything odd.

Food (10 minutes)

- ☐ Plan five meals, not seven.
- ☐ Write the shopping list.
- ☐ Book or place the shop.

People and diary (5 minutes)

- ☐ Look at the week ahead — who is where.
- ☐ Reply to the two messages you have been avoiding.
- ☐ Put one thing in the diary you will look forward to.

2. This week

Three things that matter this week

Day	Main thing	Meal	Out of the house?

One thing just for me

3. Looking back

What went well

What I am carrying into next week

Miss a week, carry on

This is a rhythm, not a streak. If you skip it, start again on the next slot — no catching up required.

Keep going

Home reset, money checked, food planned, week seen, and one thing in the diary for you. That is a good week set up in half an hour.

Next steps

- Put your finished sheets somewhere you'll actually see them.
- Book one 20-minute review with yourself, same day each month.
- Join The Compass Letter at therusticcompass.com for a free resource each month.
- Questions or a broken link? Email contact@therusticcompass.com and we'll fix it.

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