

# SUNDAY NIGHT BEAUTY RESET

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6 things to do before Monday

☐ 01. WASH OR REFRESH YOUR HAIR

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☐ 02. RESET YOUR SKINCARE

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☐ 03. MOISTURIZE YOUR BODY

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☐ 04. TIDY YOUR NAILS

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☐ 05. CLEAN YOUR BEAUTY TOOLS

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☐ 06. PREP FOR MONDAY

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## NOTES

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# SUNDAY RESET LIST

beauty routine for a better Monday

## 01. TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 02. SUNDAY BEAUTY TASKS

- ☐ Wash or refresh hair
- ☐ Reset skincare
- ☐ Moisturize
- ☐ Tidy nails
- ☐ Clean beauty tools
- ☐ Prep for Monday

## 03. BEFORE BED

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## 04. FOR TOMORROW

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AFTER FRIDAY

# IF MONDAY MORNINGS FEEL CHAOTIC...

try this Sunday reset

## SUNDAY NIGHT RESET

☐ Wash or refresh hair

☐ Reset skincare

☐ Moisturize

☐ Tidy nails

☐ Clean tools

☐ Prep your essentials

## MONDAY PAYOFF

— Less rushing

— A calmer start

— A cleaner routine

— Feel more put together

## NOTES

READ THE FULL RESET AT AFTER FRIDAY

# SAVE THIS FOR SUNDAY NIGHT

printable beauty reset

## THIS WEEK

## DONE

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Hair

☐☐

Skincare

☐☐

Body care

☐☐

Nails

☐☐

Beauty tools

☐☐

Monday prep

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## NOTES

## FOR TOMORROW