



SV LIVING

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SEPTEMBER RESET CHECKLIST

SMALL STEPS, BIG SHIFTS

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SEPTEMBER RESET CHECKLIST



PHYSICAL SPACE (*Pick 2*)

- ☐ Clear one drawer, shelf, or surface that's been bothering you
- ☐ Set up a cozy reading/meditation corner for fall
- ☐ Organize your closet for the season transition
- ☐ Create a designated spot for keys, wallet, and daily essentials



MENTAL SPACE (*Pick 2*)

- ☐ Delete apps that drain your energy
- ☐ Unsubscribe from 3 email lists you don't read
- ☐ Write down 3 things you're ready to let go of
- ☐ Schedule 15 minutes of daily quiet time (no phone)



ENERGY & HABITS (*Pick 2*)

- ☐ Try one new movement activity this week
- ☐ Prep 3 nourishing meals or snacks for the week
- ☐ Set a consistent bedtime for better energy
- ☐ Replace one draining habit with something that energizes you



FRESH FOCUS (*Pick 1*)

- ☐ Try one new movement activity this week
- ☐ Prep 3 nourishing meals or snacks for the week
- ☐ Set a consistent bedtime for better energy
- ☐ Replace one draining habit with something that energizes you

THE RULE:

Don't try to do everything. Pick what feels right for where you are right now.