



# SUNDAY Checklist

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# WELCOME FRIEND



Hi, I'm Sophie Power, and I'm here to help women like you find power in simplicity and balance.

I know how it feels to be stuck in the same cycle—feeling overwhelmed, anxious, and frustrated when nothing seems to work. But there is a way forward, and it doesn't have to be complicated.

I'm not another 'perfect' coach. I'm real, I understand your struggles, and I'm here to guide you through small, powerful steps that will make lasting change. Together, we'll turn your feelings of stress and uncertainty into clarity, calm, and consistency.

Whether it's building a routine, healing from emotional pain, or finally feeling in control of your life, I'll be right there with you. We'll focus on practical, simple actions that bring you closer to the life you want, one step at a time.

It's time to break free from the cycle and find the balance you've been searching for. Let's make this your reality.

*Sophie Power*







THE BEST  
PREPARATION  
FOR  
TOMORROW  
IS DOING  
YOUR BEST  
TODAY





# SUNDAY CHECKLIST:

## **Meal Prep for the Next Three Days**

Take 30 minutes today to prep meals for the next three days. Keep it simple and choose recipes that are easy to prepare:

Recipe 1: Veggie stir-fry with quinoa or rice (20 minutes)

Recipe 2: Overnight oats with fruits and nuts for breakfast (10 minutes prep the night before)

Recipe 3: Roasted veggies and chickpeas with a simple tahini dressing (30 minutes)

Having meals prepped will free up mental energy during the week and reduce the temptation to order takeout when you're tired.

## **Schedule Your Movement**

Decide what type of movement you'd like to do each day. This can be a walk, a workout, yoga, or anything that gets you moving.

Treat it like an appointment and block it out in your calendar.

Example: "Monday – 30-minute morning walk at 7:00 AM"

Set reminders on your phone so you don't skip it!





## **Daily Mindfulness Meditation Appointment**

Set aside 5-10 minutes each day for a short mindfulness or breathing meditation. This will help you stay centered and calm.

Example: "After lunch mindfulness at 1:00 PM"

Find a quiet space where you won't be disturbed, or use a guided meditation app if needed.

## **Plan for Potential Challenges**

Think about what might come up this week that could make things more difficult (work stress, social events, personal commitments). Write these down and brainstorm simple ways to manage or adjust.

Example: "Work presentation on Thursday—schedule 10 minutes of deep breathing beforehand to stay calm."

## **Declutter Your Space**

Is your space decluttered and free of mess? Spend 10-15 minutes tidying up any clutter in your living areas to create a calm environment. A clean space helps promote a clear mind.





## **Set an Intention for the Week**

Take a moment to reflect on how you want to feel this week. Write down a simple intention that will guide you.

Example: "I intend to approach this week with calm and patience."

## **Hydration Reminder**

Prep a large water bottle to carry with you or keep at your desk. Commit to drinking at least 2 liters of water each day. Staying hydrated helps improve focus and mood.

## **Gratitude Practice**

End your Sunday by writing down three things you're grateful for. Reflecting on gratitude can shift your mindset and start your week on a positive note.





## TICK LIST:

Meal Preparation

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Schedule Movement

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Mindfulness Appointments

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Preparation For Potential Challenges

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Declutter & Clean

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Set Intention

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Hydration Reminders Set

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Gratitude Practice

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# FINAL THOUGHTS

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The Sunday checklist is just the beginning of your journey toward a simpler, more balanced life. In my group program, we take these small, manageable steps and build on them together, creating real momentum for lasting change. Imagine having a supportive group of women, just like you, all working toward clarity, balance, and mental well-being. You'll receive personalized guidance and practical tools that go beyond the checklist, helping you stay consistent and empowered as you move through life's challenges. It's time to stop feeling stuck and start living with purpose and ease. Let's make that happen together.



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