

Each week contains **one theme** and **three small choices**.

**Pick one** and let it guide your week.

## Week 1

### Reset Family Routines

**Choose one:**

- ☐ Re-establish a consistent bedtime or wake-up routine after the holiday drift.
- ☐ Choose one predictable daily ritual (evening check-in, morning stretch, or device-free breakfast).
- ☐ Create a shared weekly calendar so everyone can see what's ahead.

## Week 2

### Clear Your Space, Clear Your Mind

**Choose one:**

- ☐ Declutter one high-traffic area (the entryway, a counter, or even the car).
- ☐ Create a simple "drop zone" for backpacks, winter gear, or mail.
- ☐ Do a 10-minute nightly tidy as a family—set a timer and make it fun.

## Week 3

### Strengthen Connection

**Choose one:**

- ☐ Establish a 5-minute device-free "micro-connection" ritual with your child, like a walk or shared snack.
- ☐ Aim for at least two family dinners weekly on consistent nights, such as Sunday.
- ☐ Incorporate [gratitude discussions](#) or [glimmers](#) during family dinners to highlight unnoticed positives.

## Week 4

### Simplify Your Mental Load

**Choose one:**

- ☐ Automate one recurring task using your phone to lighten your mental load, like setting reminders for to-dos.
- ☐ At night, visualize closing all computer tabs as a way to wrap up your day.
- ☐ Say "no" to one thing this week that doesn't serve your needs.