

Reflection Exercise: Choose Your Five

Step 1 – Pause & Picture

“Take a moment to picture your weekends. Where do they usually feel the most rushed or chaotic? And where do you most want peace, joy, or connection?”

Ask Yourself:

- What do I always wish I had done by Sunday night?
- What do I look forward to most on the weekends?

Step 2 – Write It Down

“Grab a pen or your phone notes. Write down five easy pre-decisions you want to try. These don’t have to be big or fancy—just simple rhythms that make your weekends smoother.”

Examples you could prompt:

- A meal you’ll always plan.
- A chore that resets your home.
- A family activity that builds connection.
- A self-care ritual that fills your cup.

A planning step that makes Monday calmer.

Step 3 – Commit

“Circle one of those five you’ll start *this very weekend*. Don’t overthink it—just pick one. Once you feel how freeing it is, you’ll want to add the others.”

Step 4 – Share It

“Bonus points: tell your spouse, your kids, or a friend. Or even send me a message—I’d love to hear your five! Sharing makes it real and helps you follow through.”

Step 5 – Celebrate & Reflect

At the end of the weekend, notice what worked. Celebrate small wins, reflect on what felt easier or calmer, and tweak for next weekend—you’re building a rhythm, not perfection.

“Pre-decisions are small choices now that bless your future self. Decide once, and let your weekends take care of themselves.”