

Sunday Night, Before the Week

For the heavy feeling that shows up on Sunday, before the week has even started.

WHEN TO USE THIS

Use this on a Sunday evening, or the night before you go back.

How heavy does the week ahead feel right now?

0

1

2

3

4

5

6

7

8

9

10

Light

I dread it

What part of tomorrow are you dreading most?

One meeting, one person, one task. Small and specific.

What is the very first thing you have to do tomorrow?

Name three things in the week you do not dread, even a little.

1.

2.

3.

Sunday feelings are loud. They are not a forecast.