Neurodivergent Weekly Reset & Sunday Admin Dashboard for

ARTISTS & DESIGNERS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Priorities

Neurodivergent Weekly Reset & Sunday Admin Dashboard for

ARTISTS & DESIGNERS

	1	2	3	4	5	6	7
Read 20 pages							
Meditate							
Cold shower							
Journal							
Eat veggies							
Tidy 10 min							
Plan tomorrow							
Skincare							

Work

Home

Self

Next week