

Back-to-School Survival Checklist

Morning Time-Savers

- Set timers for key tasks (shower, breakfast, etc.)
- Prep outfits for the week on Sunday
- Create a grab-and-go breakfast station
- Load the coffee maker the night before
- Pack lunches in advance using prepped containers
- Use a shower timer to speed up your routine

Lunch Prep

- Plan 3 easy lunch ideas for the week ahead
- Use bento boxes or sectioned containers for variety
- Keep insulated lunch bags ready to grab
- Batch-prep proteins or grain bowls ahead of time

Life Organization

- Sync a shared calendar with family or roommates
- Create a visible weekly schedule on a whiteboard
- Designate a command center for mail, keys, and reminders
- Use digital apps for shared to-dos and shopping lists
- Set chore zones or routines for easier maintenance

Energy & Self-Care

- Block off "non-negotiable" recharge time weekly
- Say no to extra commitments that drain you
- Use calming tools like essential oils or music
- Schedule a solo walk or movement break mid-week
- Keep one evening plan-free each week
- Set screen time boundaries before bed

Budget & Money Savers

- Set a realistic back-to-school budget limit
- Shop your home before hitting the store
- Use cashback or price-tracking tools
- Prioritize must-haves vs. nice-to-haves

Emergency Sanity Kit

- Portable charger
- Mini first-aid kit
- Protein bars or snacks
- Refillable water bottle
- Stress relief roller or oil
- Dry shampoo or wipes

Weekly Reset Ritual

- Clean out backpacks, purses, or work bags
- Restock lunch items and snacks
- Check calendar for upcoming appointments
- Set out clothes or gear for the week
- Reflect + adjust: what's working, what needs tweaking?

