

Self-Care Sunday Ritual Planner (Preview)

A repeatable weekly template, not a random ideas list.

The Standing Ritual Structure

Build one repeatable sequence (e.g. tidy space, prep for the week, one restorative activity) instead of reinventing self-care every Sunday from a fresh idea list.

Get the Full Kit

Get the full version with all rows, formulas, and bonuses at daveways.com

Disclaimer

This product is educational and organizational material only. It is not financial, legal, medical, tax, or professional advice. Review decisions with a qualified professional where needed.