The Sunday Household Reset

A 5-minute weekly check-in for everyone who shares your home

Your 5-minute check-in

- [ ] **1. Same time, same spot** — 30 sec
  Pick a Sunday time that works for everyone. Phones down, one drink each.

- [ ] **2. One win each** — 1 min
  Every adult shares one thing that went well this week. Big or small.

- [ ] **3. One hard thing each** — 1 min
  Say it as "I felt...". Nobody fixes it yet. Just listen.

- [ ] **4. Look at the week ahead** — 1 min
  Who is where, and when? Circle the handoffs that tend to be tricky.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

- [ ] **5. One kind word** — 30 sec
  Finish by telling each person one thing you appreciated about them.

Calming-routine handoff

For the moments someone else takes over: a partner, grandparent, sitter or helper. Fill it in together, then keep a copy where the handoff happens.

Who it is for

The routine (after school, bedtime, mornings...)

What helps

What to skip

Words that work

Who leads, and who is the backup

Centinuum Sync

The words for your household: short weekly scenes, calm routines, and something steady to say when a moment flares. Free to download on the App Store and Google Play.

legacyclinical.app

Centinuum Sync is a self-help household communication tool for general well-being. It is not care of any kind and not a substitute for professional help.