

## **The Sigma Sabbath: Reset with Purpose**

- 1. Reflect: Journal 3 wins and 3 areas for improvement from the week.
- 2. Realign: Revisit your weekly blueprint. What systems need recalibration?
- 3. Rebuild: Choose 1 mental, physical, and spiritual reset activity.
- 4. Reconnect: Spend intentional time in prayer or Scripture (no distractions).
- 5. Recharge: Block off 1 hour for solitude, nature, or focused rest.
- 6. Reset: Set 3 dominant goals for the upcoming week.
- 7. Recommit: Speak your core mission out loud. Write it again if needed.