

# PREP FOR THE WEEK

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## A SIMPLE STEP BY STEP CHECKLIST TO GET YOUR WEEK IN ORDER

### STEP ONE: PRAY

Spend a few moments asking God to guide you in your planning so that His will is done in your life. Also acknowledge that whatever plans you might make, He is the one in control.

“Commit to the LORD whatever you do, and he will establish your plans.” Proverbs 16:3

### STEP TWO: PRIORITIZE

Write down your to-do list for the week, then prioritize each category. There are some items that will be more important than others. For example, in the errands category, stopping to pay the gas bill would be more important than checking the sale items at the craft store.

### STEP THREE: SCHEDULE

After prioritizing your list, you want to check your planner for any appointments and events that are already scheduled that week. Schedule to-do list items so that they make sense. Leave room in your schedule for buffers and the unexpected. There's nothing worse than always feeling like you're rushing to get everything done.

### STEP FOUR: MEAL PLANNING & PREP

Planning the week's menu can save you a lot of time and frustration before meal time.

By prepping ahead, you'll feel less stress in the morning or evenings when time is tight. You will need to have already done your grocery shopping. Prepping meals and snacks ahead of time can help you keep your healthy goals and/ or lose weight.

# THE WEEK AHEAD

**“COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS.” PROVERBS 16:3**

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- PRIORITIZE TO DO LIST
- CHECK SCHEDULE
- MENU PLAN FOR WEEK
- PREP & PACK LUNCHES
- CHOP VEGETABLES
- PREP FRUIT AND SNACKS
- PREP FOR BREAKFAST
- PREP MEALS FOR SUPPER
- LAYOUT CLOTHES
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