



March 2023

The Homemaker's Notebook

MARCH 2023

Monthly Calendar

SUNDAY	MONDAY	TUESDAY
5	6	7
13	14	15
19	20	21
26	27	28

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	4	5
8	9	10	11
15	16	17	18
19	20	21	22
30	31		

Monthly TENDING LIST

MARCH 2023

I PRESS ON TOWARD THE... UPWARD CALL OF JESUS CHRIST.
PHILIPPIANS 3:14

♥ TOP THREE PRIORITIES

1		
2		
3		

♥ TENDING (TLC) TASKS FOR THE MONTH

1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

♥ PERSONAL GOALS

1		
2		
3		
4		
5		

♥ WEEKLY ACTION ITEMS

WEEK: 1 2 3 4 5

	1	2	3	4	5
1					
2					
3					
4					
5					
6					
7					

A THANKFUL HEART

There is always something to be grateful for.

GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS LOVE ENDURES FOREVER.
1 CHRONICLES 16:34



S . O . A . P B I B L E S T U D Y

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

Scripture

What passage are you reading? Key verses?

Observation

What observations did you make during your reading?



Application

How can you apply these verses to your life?

Prayer

Prayerful response: Ask God to use His Word in your life.

SERMON NOTES

DATE:

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

SERMON TITLE

SCRIPTURE

NOTES



SERMON NOTES

DATE:

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

TODAY'S AGENDA

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

Date: _____

TO-DO LIST:

NOTES:

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

PREP FOR THE WEEK

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.

Weekly
PREP

CHECKLIST

FEB 26 - MAR 4

“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...

Lined area for writing a prayer or commitment.

TO DO LIST FOR THIS WEEK

Lined area for writing a to-do list.

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

Lined area for additional prep tasks.

Weekly
PREP

CHECKLIST

MAR 5 - MAR 11

“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...

Handwriting lines for a prayer or commitment statement.

TO DO LIST FOR THIS WEEK

Handwriting lines for a to-do list.

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
- _____
- _____
- _____

Weekly
PREP

CHECKLIST

MAR 12 - MAR 18

“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...

TO DO LIST FOR THIS WEEK

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

Weekly
PREP

CHECKLIST

MAR 19 - MAR 25

“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...

TO DO LIST FOR THIS WEEK

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
- _____
- _____
- _____

Weekly
PREP

CHECKLIST

MAR 26 - APR 1

**“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...

TO DO LIST FOR THIS WEEK

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
- _____
- _____
- _____

The Plan for THIS WEEK

FEB 26 - MAR 4

TEACH US TO NUMBER OUR DAYS, THAT WE MAY
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES			
Make Beds											
Complete Load of Laundry											
Sweep Floors / Vacuum											
Tidy Kitchen											
Wipe Down Bathrooms											
Straighten House											
10 Minute Declutter											
Take Out Trash											
REMEMBER								WEEKLY CHORES			
								S			
								M			
								T			
								W			
								T			
								F			
								S			
								TO DO LIST			
HABIT TRACKER		S	M	T	W	T	F	S			
MORNING ROUTINE		AFTERNOON ROUTINE					EVENING ROUTINE				

The Plan for
THIS WEEK

MAR 5 - MAR 11

**TEACH US TO NUMBER OUR DAYS, THAT WE MAY
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12**

THE DAILY EIGHT		1	2	3	4	5	6	7	PRIORITIES		
Make Beds											
Complete Load of Laundry											
Sweep Floors / Vacuum											
Tidy Kitchen											
Wipe Down Bathrooms											
Straighten House											
10 Minute Declutter											
Take Out Trash											
REMEMBER									WEEKLY CHORES		
									S		
									M		
									T		
									W		
									T		
									F		
									S		
									TO DO LIST		
HABIT TRACKER		S	M	T	W	T	F	S			
MORNING ROUTINE			AFTERNOON ROUTINE				EVENING ROUTINE				

The Plan for
THIS WEEK

MAR 12 - MAR 18

**TEACH US TO NUMBER OUR DAYS, THAT WE MAY
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12**

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES
Make Beds								
Complete Load of Laundry								
Sweep Floors / Vacuum								
Tidy Kitchen								
Wipe Down Bathrooms								
Straighten House								
10 Minute Declutter								
Take Out Trash								
REMEMBER								WEEKLY CHORES
								S
								M
								T
								W
								T
								F
								S
								TO DO LIST
HABIT TRACKER	S	M	T	W	T	F	S	
MORNING ROUTINE	AFTERNOON ROUTINE						EVENING ROUTINE	

The Plan for THIS WEEK

MAR 19 - MAR 25

TEACH US TO NUMBER OUR DAYS, THAT WE MAY APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES	
Make Beds									
Complete Load of Laundry									
Sweep Floors / Vacuum									
Tidy Kitchen									
Wipe Down Bathrooms									
Straighten House									
10 Minute Declutter									
Take Out Trash									
REMEMBER								WEEKLY CHORES	
								S	
								M	
								T	
								W	
								T	
								F	
								S	
								TO DO LIST	
HABIT TRACKER	S	M	T	W	T	F	S		
MORNING ROUTINE	AFTERNOON ROUTINE						EVENING ROUTINE		

The Plan for THIS WEEK

MAR 26 - APR 1

TEACH US TO NUMBER OUR DAYS, THAT WE MAY APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES	
Make Beds									
Complete Load of Laundry									
Sweep Floors / Vacuum									
Tidy Kitchen									
Wipe Down Bathrooms									
Straighten House									
10 Minute Declutter									
Take Out Trash									
REMEMBER								WEEKLY CHORES	
								S	
								M	
								T	
								W	
								T	
								F	
								S	
TO DO LIST									
HABIT TRACKER	S	M	T	W	T	F	S		
MORNING ROUTINE	AFTERNOON ROUTINE				EVENING ROUTINE				

The Menu for
THIS WEEK

FEB 26 - MAR 4

BLESS THE FOOD BEFORE US, THE FAMILY
BESIDE US, AND THE LOVE BETWEEN US.
AMEN.

SHOPPING LIST

S

M

T

W

T

F

S

The Menu for
THIS WEEK

MAR 5 - MAR 11

BLESS THE FOOD BEFORE US, THE FAMILY
BESIDE US, AND THE LOVE BETWEEN US.
AMEN.

SHOPPING LIST

S

M

T

W

T

F

S

The Menu for
THIS WEEK

MAR 12 - MAR 18

BLESS THE FOOD BEFORE US, THE FAMILY
BESIDE US, AND THE LOVE BETWEEN US.
AMEN.

SHOPPING LIST

S

M

T

W

T

F

S

The Menu for
THIS WEEK

MAR 19 - MAR 25

BLESS THE FOOD BEFORE US, THE FAMILY
BESIDE US, AND THE LOVE BETWEEN US.
AMEN.

SHOPPING LIST

S

M

T

W

T

F

S

The Menu for
THIS WEEK

MAR 26 - APR 1

BLESS THE FOOD BEFORE US, THE FAMILY
BESIDE US, AND THE LOVE BETWEEN US.
AMEN.

SHOPPING LIST

S

M

T

W

T

F

S

SELF CARE CHECKLIST

FEB 26 - MAR 4

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

SELF CARE CHECKLIST

MAR 5 - MAR 11

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

SELF CARE CHECKLIST

MAR 12 - MAR 18

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

SELF CARE CHECKLIST

MAR 19 - MAR 25

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

SELF CARE CHECKLIST

MAR 26 - APR 1

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

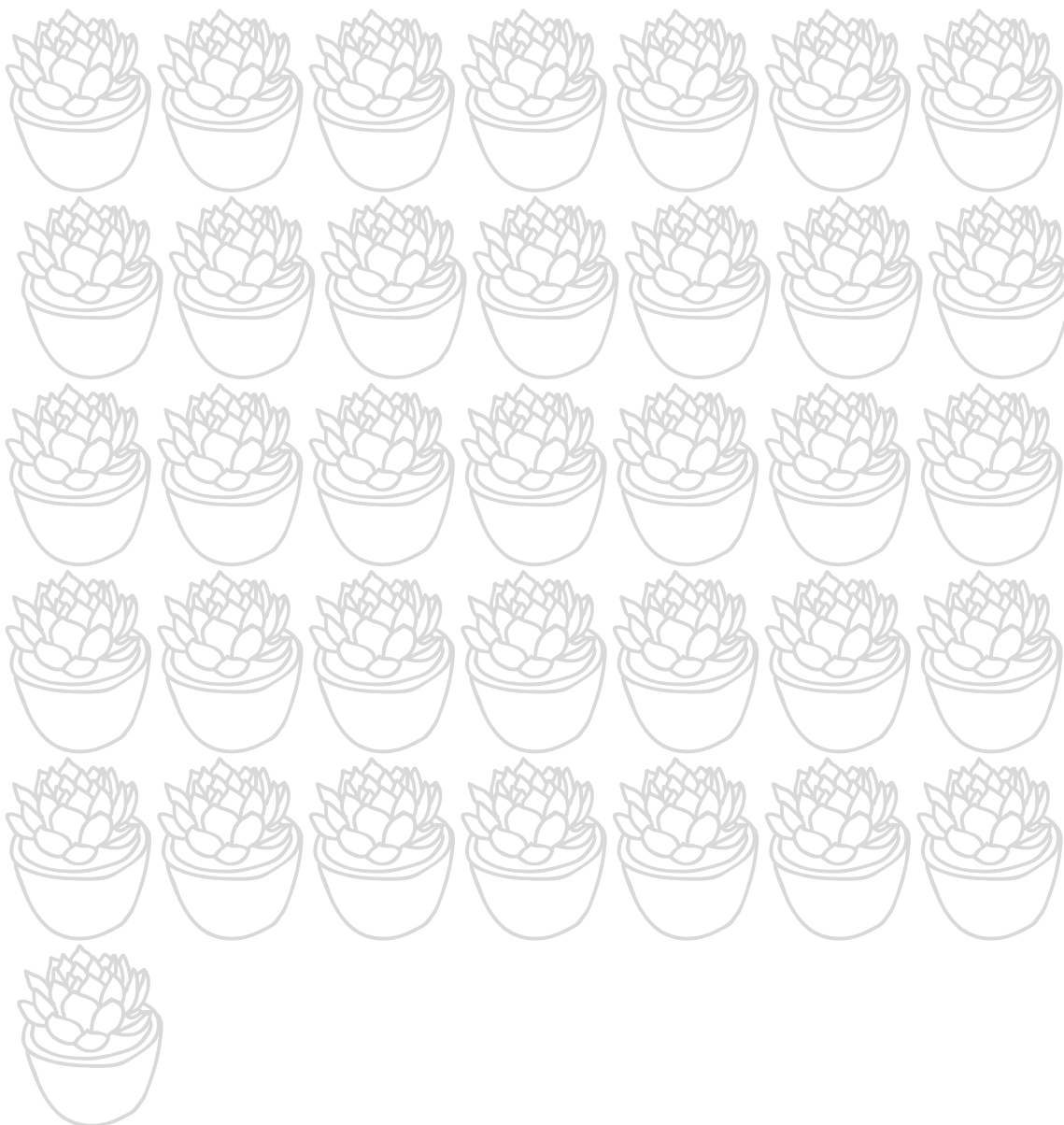
Monthly
HABIT TRACKER

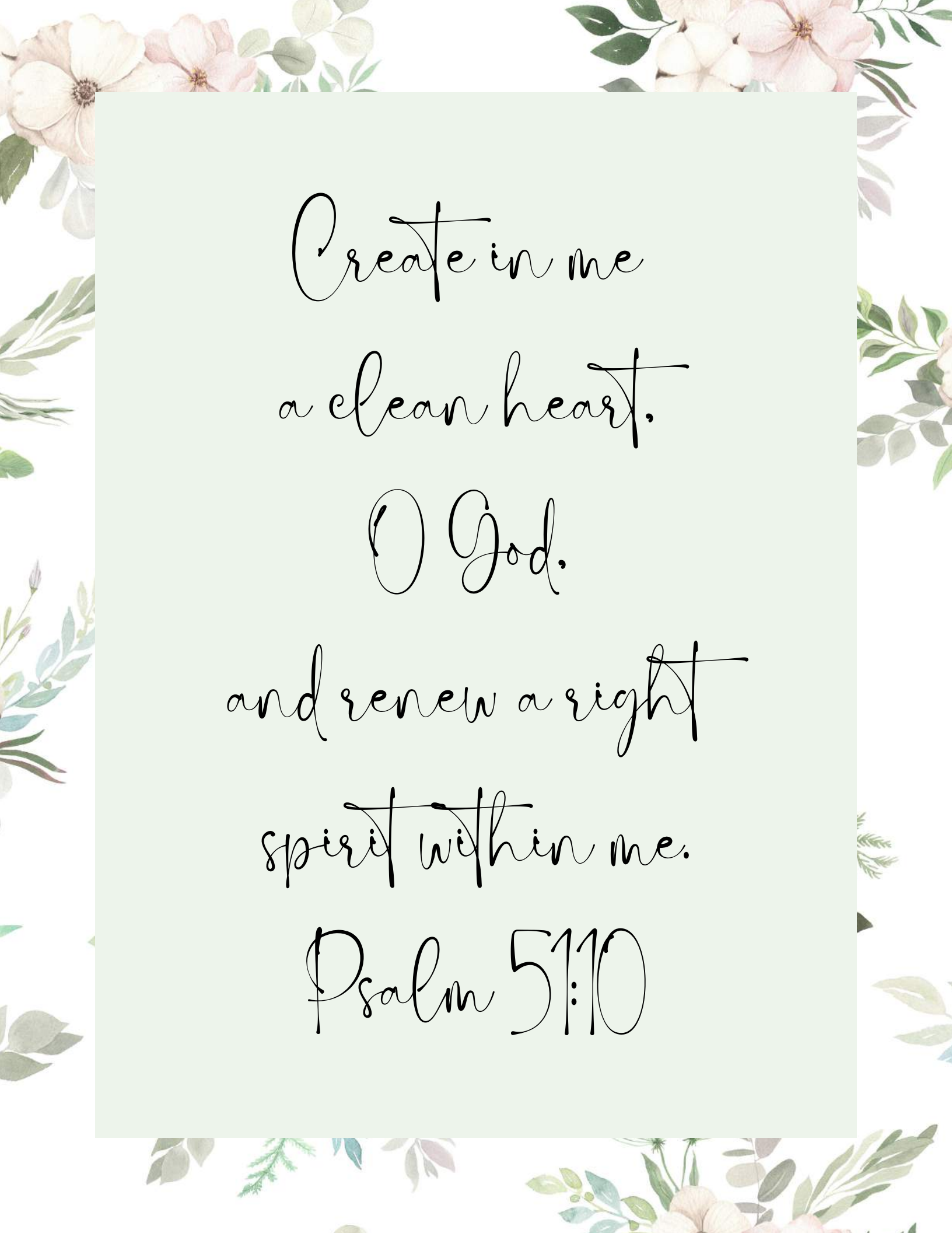
MARCH 2023

I PRESS ON TOWARD THE... UPWARD CALL OF JESUS CHRIST.
PHILIPPIANS 3:14

MY HABIT: _____

Color in the succulent each time you practice your new habit.





Create in me
a clean heart.

O God,

and renew a right
spirit within me.

Psalm 51:10

