

May 2023

The Homemaker's Notebook

AVIRTUOUSWOMAN.ORG

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

Monthly TENDING LIST

MAY 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					

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.

Sunday PREP CHECKLIST

APR 30 - MAY 6

"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

Sunday PREP CHECKLIST

MAY 7 - MAY 13

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

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Sunday
PREP

CHECKLIST

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- LAYOUT CLOTHES
- _____
- _____
- _____

Sunday PREP CHECKLIST

MAY 21 - MAY 27

“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

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Sunday PREP CHECKLIST

MAY 28 - JUN 3

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The Plan for THIS WEEK

MAY 7 - MAY 13

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			

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MORNING ROUTINE	AFTERNOON ROUTINE			EVENING ROUTINE				

The Menu for
THIS WEEK

APR 30 - MAY 6

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

SHOPPING LIST

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The Menu for
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SELF CARE CHECKLIST

APR 30 - MAY 6

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.

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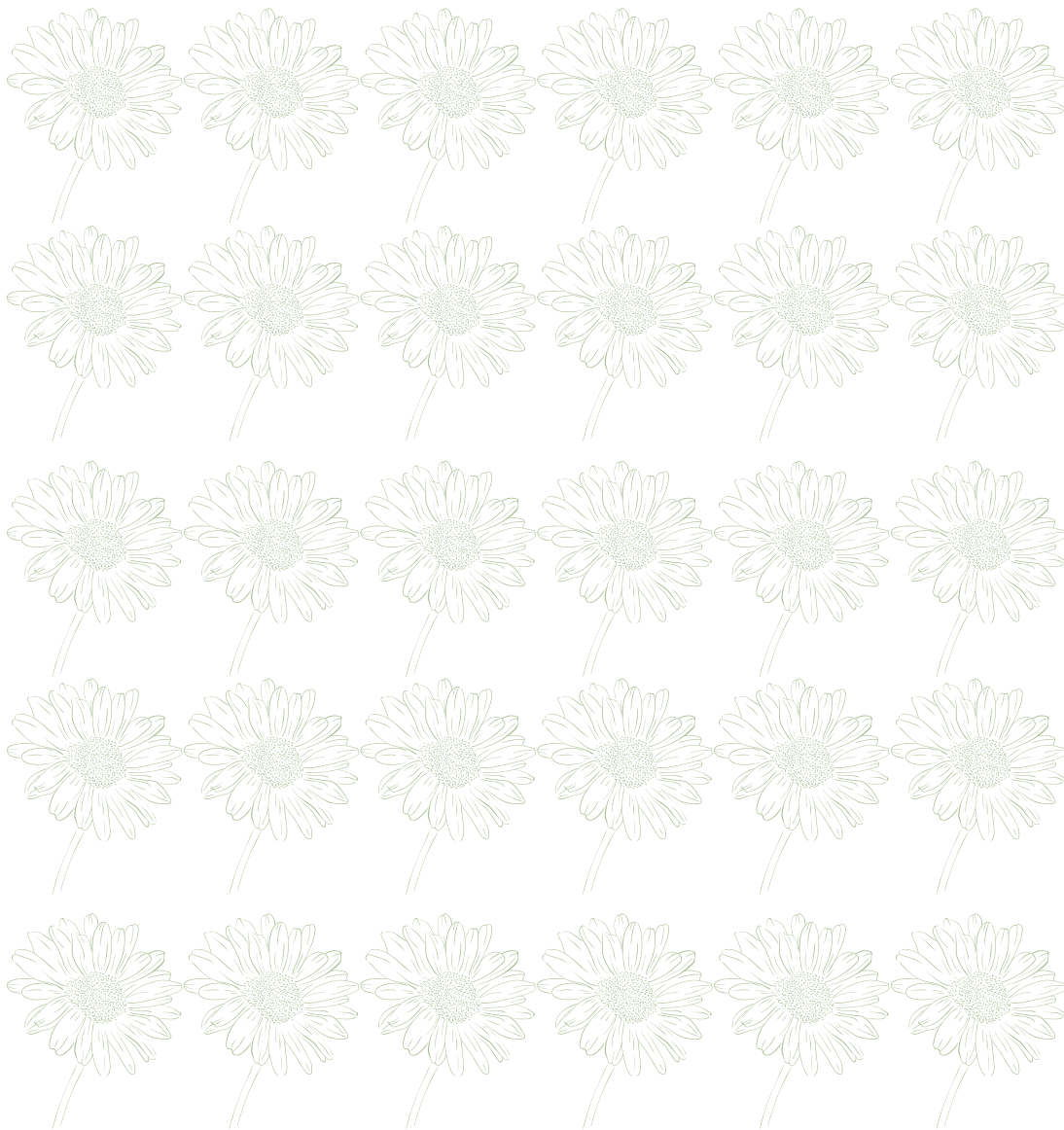
HABIT TRACKER

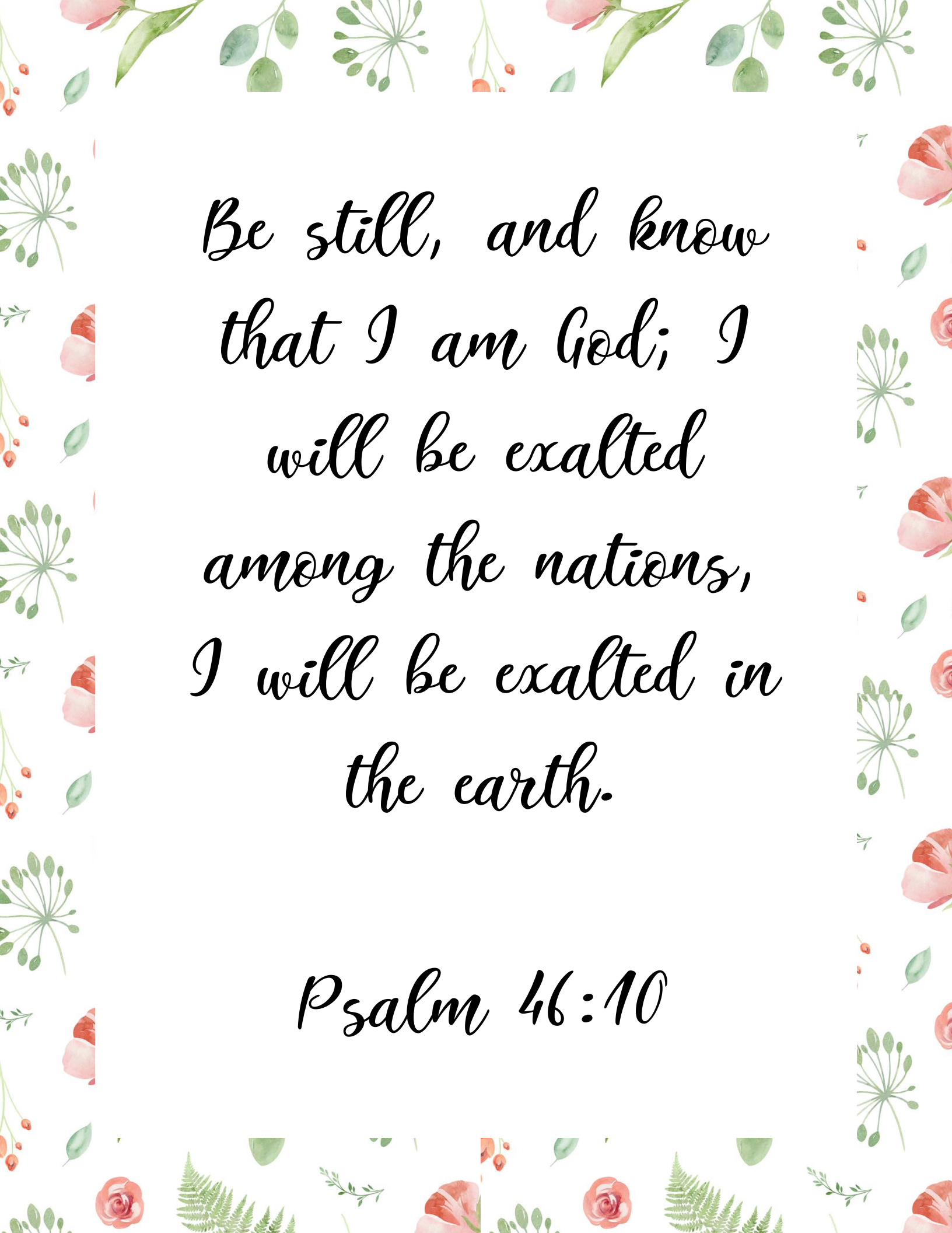
MAY 2023

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

MY HABIT: _____

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





Be still, and know
that I am God; I
will be exalted
among the nations,
I will be exalted in
the earth.

Psalm 46:10

