



August 2023

The homemaker's notebook

August 2023

Monthly Calendar

SUNDAY	MONDAY	TUESDAY
		1
6	7	8
13	14	15
20	20	21
27	28	29

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	22	23	24
30	31		

Monthly

TENDING LIST

AUGUST 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

A decorative border of blue butterflies is placed around the page. The butterflies are in various shades of blue and are scattered along the top, bottom, and sides of the page.

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

AUG 27 - SEP 2

"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

JUL 30 - AUG 5

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

AUG 6 - AUG 12

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

AUG 13 - AUG 19

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										
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								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

AUG 20 - AUG 26

TEACH US TO NUMBER OUR DAYS, THAT WE MAY
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THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES	
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Complete Load of Laundry									
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Take Out Trash									
REMEMBER								WEEKLY CHORES	
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								T	
								F	
								S	
								TO DO LIST	
HABIT TRACKER								S	
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MORNING ROUTINE			AFTERNOON ROUTINE			EVENING ROUTINE			

The Plan for THIS WEEK

AUG 27 - SEP 2

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								S	
								TO DO LIST	
HABIT TRACKER	S	M	T	W	T	F	S		
MORNING ROUTINE	AFTERNOON ROUTINE							EVENING ROUTINE	

The Menu for

THIS WEEK

JUL 30 - AUG 5

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

SHOPPING LIST

S

M

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The Menu for

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W

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F

S

SELF CARE CHECKLIST

JUL 30 - AUG 5

	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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Monthly

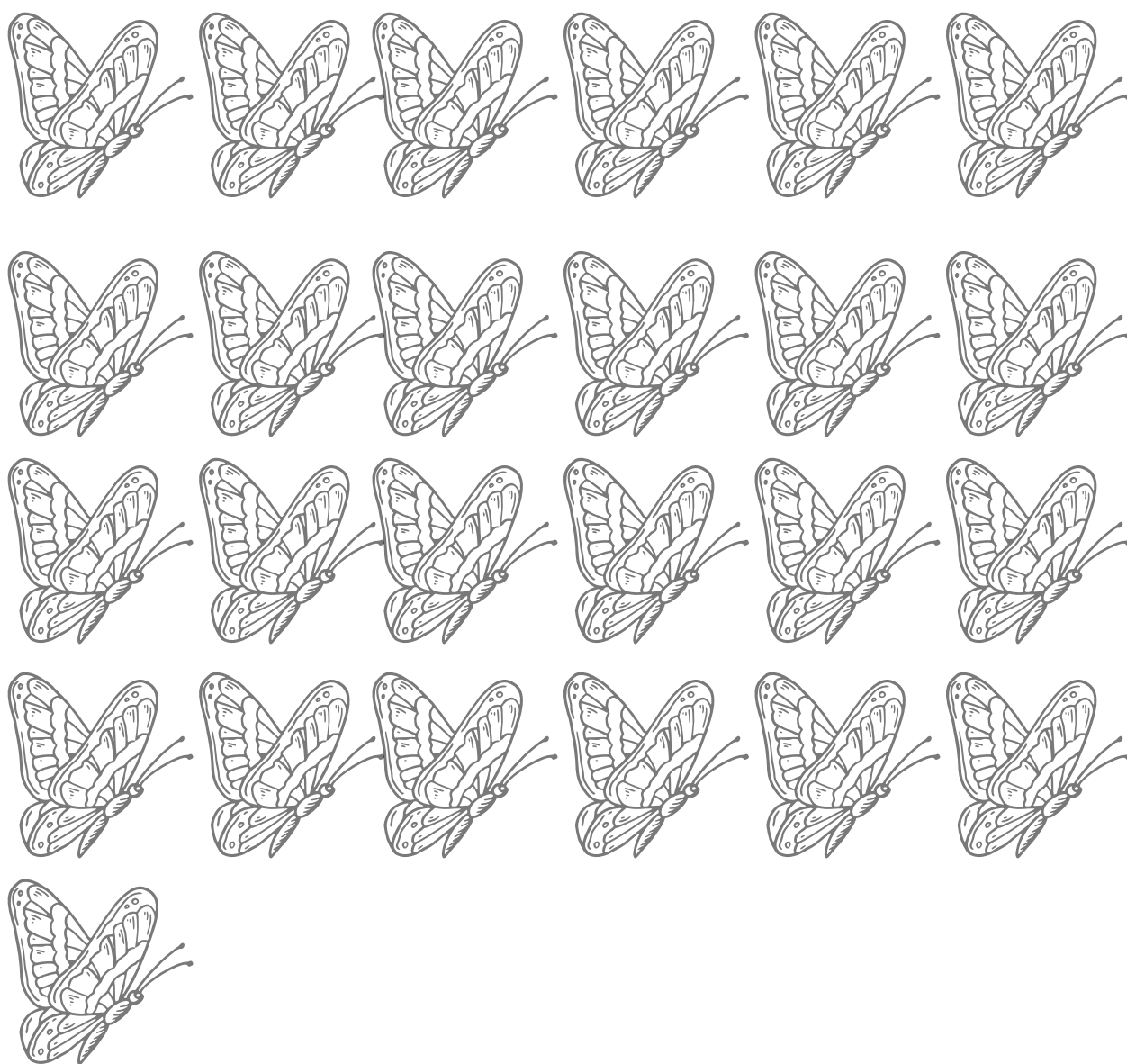
HABIT TRACKER

AUG 2023

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

MY HABIT: _____

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





NOTES

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

Lined area for writing notes.





Therefore, if ANYONE is in Christ, he is
a NEW CREATION. The OLD has PASSED
AWAY; BEHOLD, the NEW has COME.

