

The image features a repeating floral pattern in the top and bottom sections. The pattern consists of various elements: yellow and orange roses, clusters of small orange berries on thin stems, and several types of leaves in shades of green, yellow, and brown. The background is a light cream color. The central text is set against a white background with a thin grey border.

September 2023

the homemaker's notebook

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28		

Monthly

TENDING LIST

SEPTEMBER 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 T H A N K F U L H E A R T

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.

S E R M O N N O T E S

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

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
 -
 -
 -
-
-
-

Weekly

PREP CHECKLIST

SEP 3 - SEP 9

“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.

TO DO LIST FOR THIS WEEK

WHAT TO PREP THIS WEEK

Lined area for writing a to-do list.

- Checklist items: 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

SEP 10 - SEP 16

“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

SEP 17 - SEP 23

"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

SEP 24 - OCT 30

"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
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- LAYOUT CLOTHES

The Plan for THIS WEEK

AUG 27 - SEP 2

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

SEP 3 - SEP 9

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

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						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

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								T	
								W	
								T	
								F	
								S	
								TO DO LIST	
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							T	
							W	
							T	
							F	
							S	
							TO DO LIST	
HABIT TRACKER	S	M	T	W	T	F	S	
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							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

AUG 27 - SEP 2

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

SEP 3 - SEP 9

BLESS THE FOOD BEFORE US, THE FAMILY
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SHOPPING LIST

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The Menu for
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SEP 10 - SEP 16

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The Menu for
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SHOPPING LIST

S

M

T

W

T

F

S



SELF CARE CHECKLIST

AUG 27 - SEP 2

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

SEP 3 - SEP 9

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Monthly

HABIT TRACKER

SEPTEMBER 2023

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

MY HABIT: _____

Color in the leaves 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.



Life starts all over
again when it gets
crisp in the fall.

- f. SCOTT FITZGERALD

