# September 2023

the homemaker's notebook



A V I R T U O U S W O M A N . O R G

# September 2023

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Monthly Calendar	SUNDAY	MONDAY	TUESDAY
	3	4	5
	3	4	5
	10	11	12
	17	18	19
	24	25	26

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



#### 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	2 3	4	5
1				
2				
3				
4				
5				
6				
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## 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 BIBLE STUDY

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

Scripture

Observation

What passage are you reading? Key verses?

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.

## BIBLE STUDY NOTES

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

## 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

E.	
532	





# 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:	6:00 AM
TO-DO LIST:	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
NOTES:	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.



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

#### TO DO LIST FOR THIS WEEK

#### WHAT TO PREP THIS WEEK

PRIORITIZE TO DO LISTCHECK SCHEDULEMENU PLAN FOR WEEKPREP & PACK LUNCHESCHOP VEGETABLESPREP FRUIT AND SNACKSPREP FOR BREAKFASTPREP MEALS FOR SUPPERLAYOUT CLOTHES



#### 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



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R E PCHECKLIST SEP 24 - OCT 30

#### 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 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									
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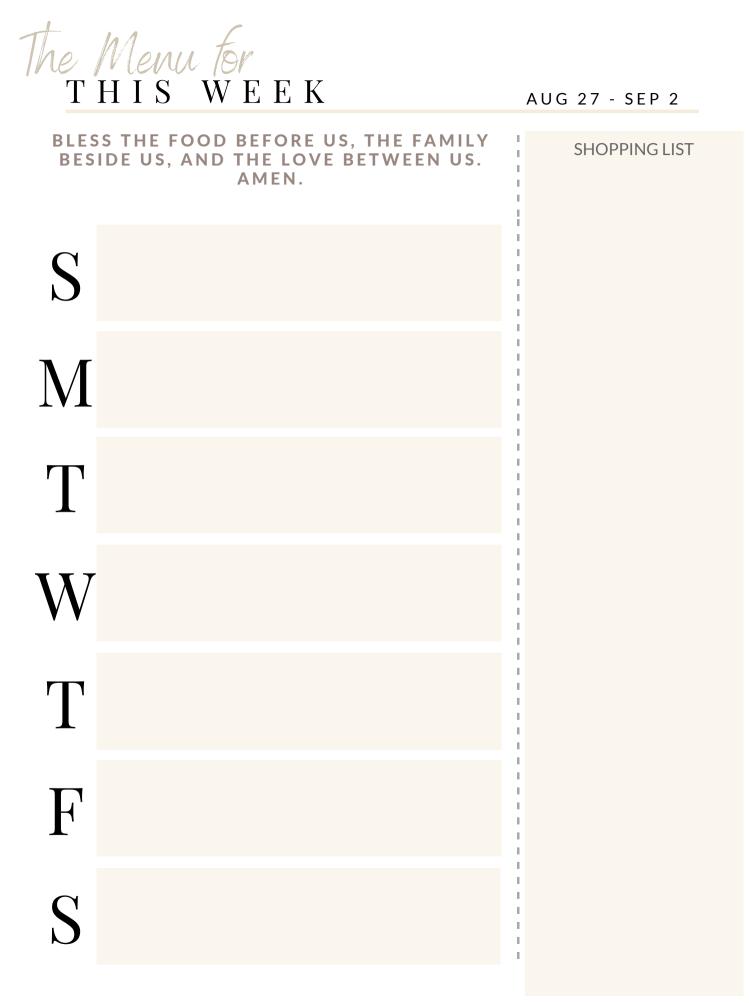
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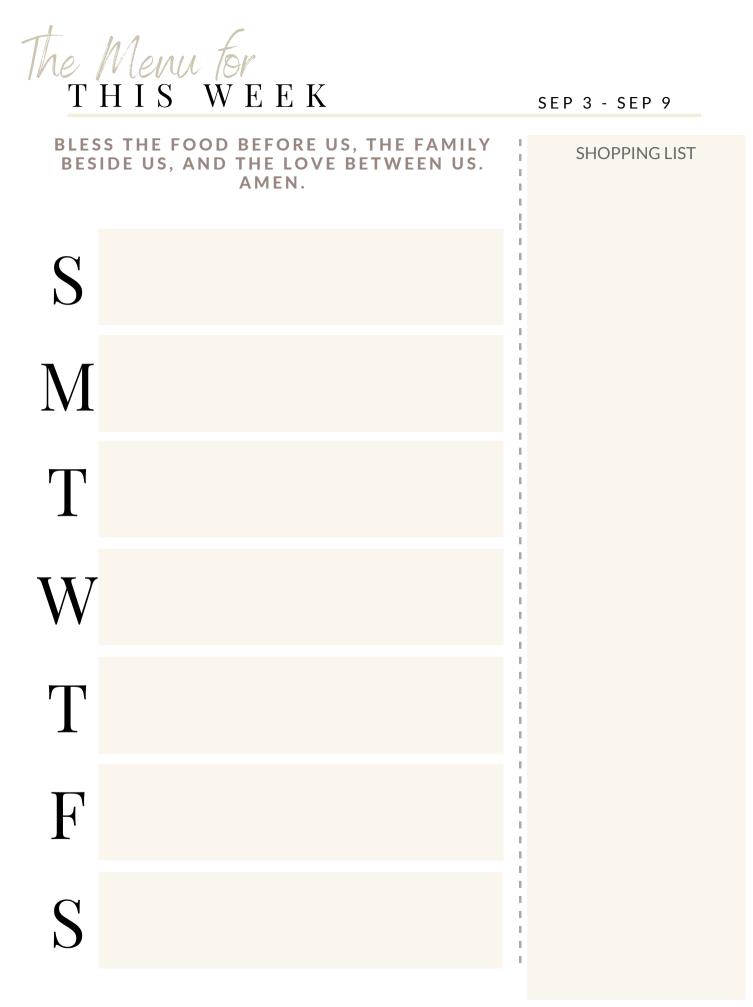


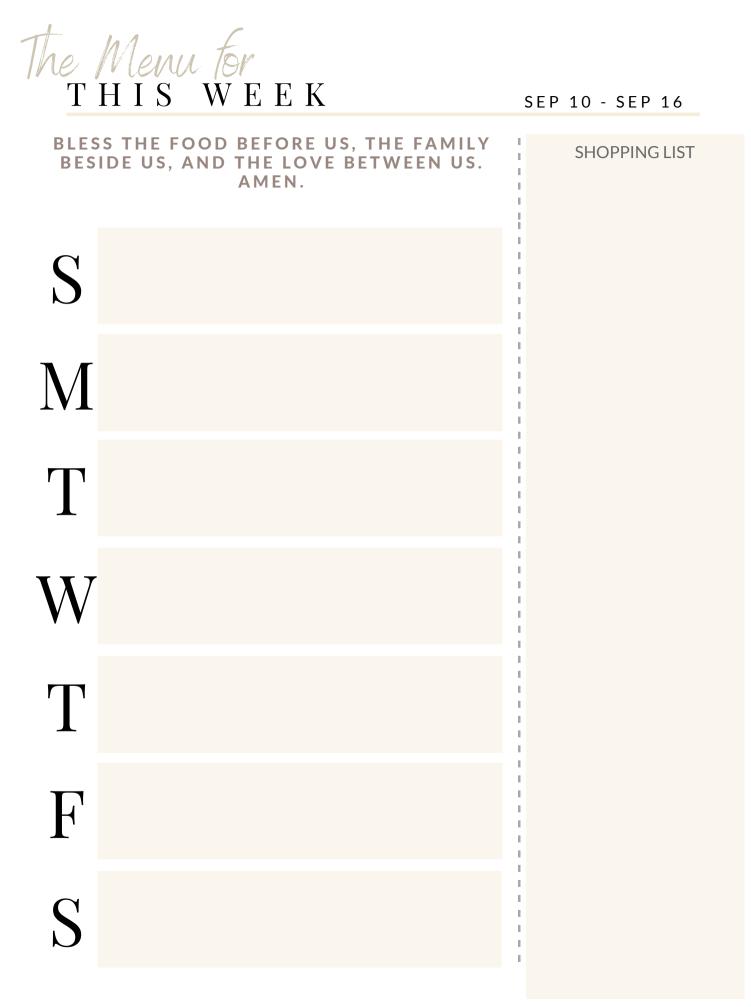
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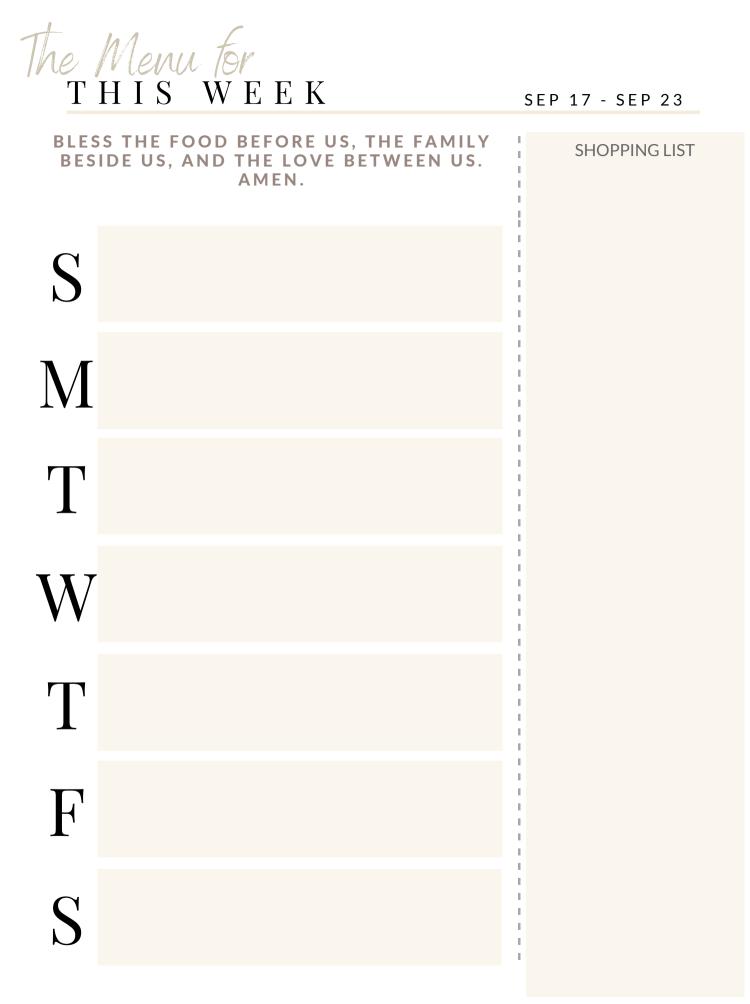


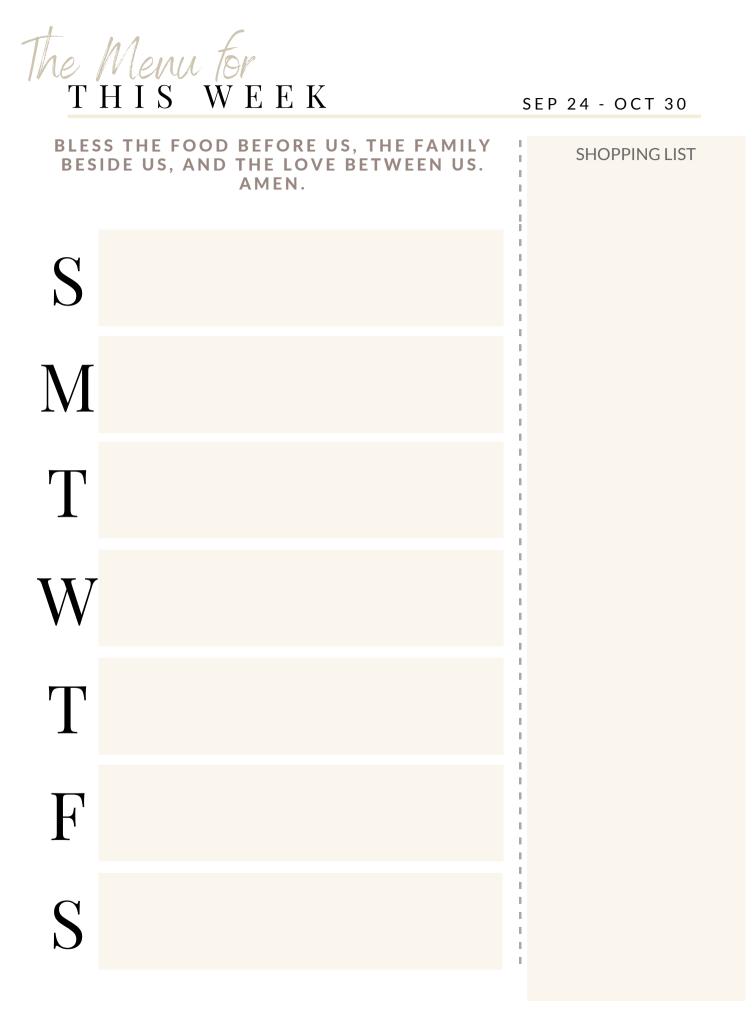
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AUG 27 - SEP 2

## 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.	

SEP 3 - SEP 9

## 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.	

SEP 10 - SEP 16

## M T W T F

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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.	

SEP 17 - SEP 23

## M T W T F

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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.	

SEP 24 - OCT 30

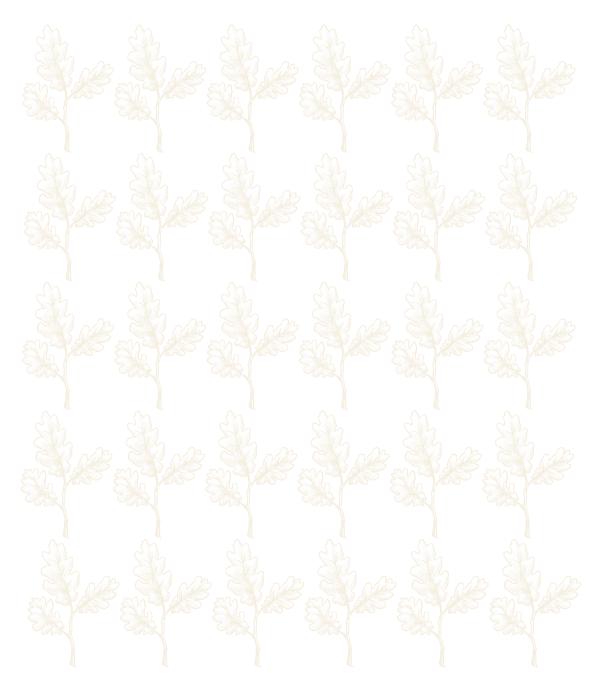
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#### I PRESS ON TOWARD THE... UPWARD CALL OF JESUS CHRIST. PHILIPPIANS 3:14

MY HABIT: \_\_\_\_\_ Color in the leaves each time you practice your new habit.

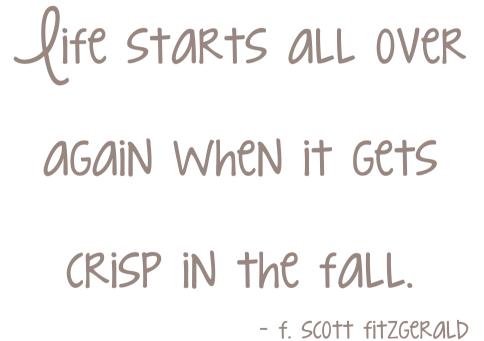


## N O T E S

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