



# October 2023

*The Homemaker's Notebook*



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

# Monthly TENDING LIST

OCTOBER 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

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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:

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

# TODAY'S AGENDA

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

Date: \_\_\_\_\_

## TO-DO LIST:

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## 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

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## 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.























*The Menu for*  
THIS WEEK

OCT 1 - OCT 7

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

OCT 8 - OCT 14

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

OCT 15 - OCT 21

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

OCT 22 - OCT 28

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

SHOPPING LIST

S

M

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W

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S

*The Menu for*  
THIS WEEK

OCT 29 - NOV 4

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

SHOPPING LIST

S

M

T

W

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F

S







# SELF CARE CHECKLIST

OCT 15 - OCT 21

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

OCT 22 - OCT 28

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

OCTOBER 2023

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

MY HABIT: \_\_\_\_\_

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









I'm so glad I live in a  
world where there  
are Octobers.

- L.M. MONTGOMERY,  
ANNE OF GREEN GABLES

