

The background of the entire page is a repeating floral pattern. It features stylized white flowers with dark centers, interspersed with green leaves and smaller, intricate floral motifs in shades of brown and gold. The pattern is set against a dark, almost black background.

# November 2023

the HOMEMAKER'S NOTEBOOK



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

# Monthly TENDING LIST

NOVEMBER 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.



# S E R M O N   N O T E S

DATE:

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

SERMON TITLE

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SCRIPTURE

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NOTES





# 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.

Weekly

PREP CHECKLIST

OCT 29 - NOV 4

“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 or commitment.

TO DO LIST FOR THIS WEEK

Lined area for writing a to-do list.

WHAT TO PREP THIS WEEK

- 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.

Lined area for additional prep tasks.



# Weekly

# PREP CHECKLIST

NOV 5 - NOV 11

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**“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...

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## TO DO LIST FOR THIS WEEK

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## 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

NOV 12 - NOV 18

“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 or commitment.

TO DO LIST FOR THIS WEEK

Lined area for writing a to-do list.

WHAT TO PREP THIS WEEK

- Checklist of prep tasks: 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**

NOV 19 - NOV 25

**"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...

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**TO DO LIST FOR THIS WEEK**

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**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

NOV 26 - DEC 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...

Lined area for writing a prayer or commitment to God.

TO DO LIST FOR THIS WEEK

WHAT TO PREP THIS WEEK

Lined area for writing a to-do list for the week.

- Checklist of tasks to prepare for the 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

OCT 29 - NOV 4

**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											
<b>REMEMBER</b>				<b>WEEKLY CHORES</b>							
				S							
				M							
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				S							
				<b>TO DO LIST</b>							
<b>HABIT TRACKER</b>				S	M	T	W	T	F	S	
<b>MORNING ROUTINE</b>				<b>AFTERNOON ROUTINE</b>				<b>EVENING ROUTINE</b>			



# The Plan for THIS WEEK

NOV 5 - NOV 11

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									
<b>REMEMBER</b>								<b>WEEKLY CHORES</b>	
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								<b>TO DO LIST</b>	
<b>HABIT TRACKER</b>	S	M	T	W	T	F	S		
<b>MORNING ROUTINE</b>	<b>AFTERNOON ROUTINE</b>						<b>EVENING ROUTINE</b>		

# The Plan for THIS WEEK

NOV 12 - NOV 18

**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									
<b>REMEMBER</b>								<b>WEEKLY CHORES</b>	
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								S	
								<b>TO DO LIST</b>	
<b>HABIT TRACKER</b>	S	M	T	W	T	F	S		
<b>MORNING ROUTINE</b>	<b>AFTERNOON ROUTINE</b>						<b>EVENING ROUTINE</b>		

# The Plan for THIS WEEK

NOV 19 - NOV 25

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

# The Plan for THIS WEEK

NOV 26 - DEC 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								
<b>REMEMBER</b>					<b>WEEKLY CHORES</b>			
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					S			
					<b>TO DO LIST</b>			
<b>HABIT TRACKER</b>	S	M	T	W	T	F	S	
<b>MORNING ROUTINE</b>	<b>AFTERNOON ROUTINE</b>			<b>EVENING ROUTINE</b>				

*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

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*The Menu for*  
**THIS WEEK**

NOV 5 - NOV 11

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

SHOPPING LIST

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The Menu for  
THIS WEEK

NOV 12 - NOV 18

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

SHOPPING LIST

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*The Menu for*  
**THIS WEEK**

NOV 19 - NOV 25

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

SHOPPING LIST

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# The Menu for THIS WEEK

NOV 26 - DEC 2

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

SHOPPING LIST

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# SELF CARE CHECKLIST

OCT 29 - NOV 4

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

NOV 5 - NOV 11

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

NOV 12 - NOV 18

M T W T F

Start my day with God.

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Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

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Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

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Think of three things I'm grateful for.

Get enough sleep.



# SELF CARE CHECKLIST

NOV 19 - NOV 25

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

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Take my vitamins.

Do something that makes me happy.

Take time to laugh.

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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

NOVEMBER 2023

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

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

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







# NOTES

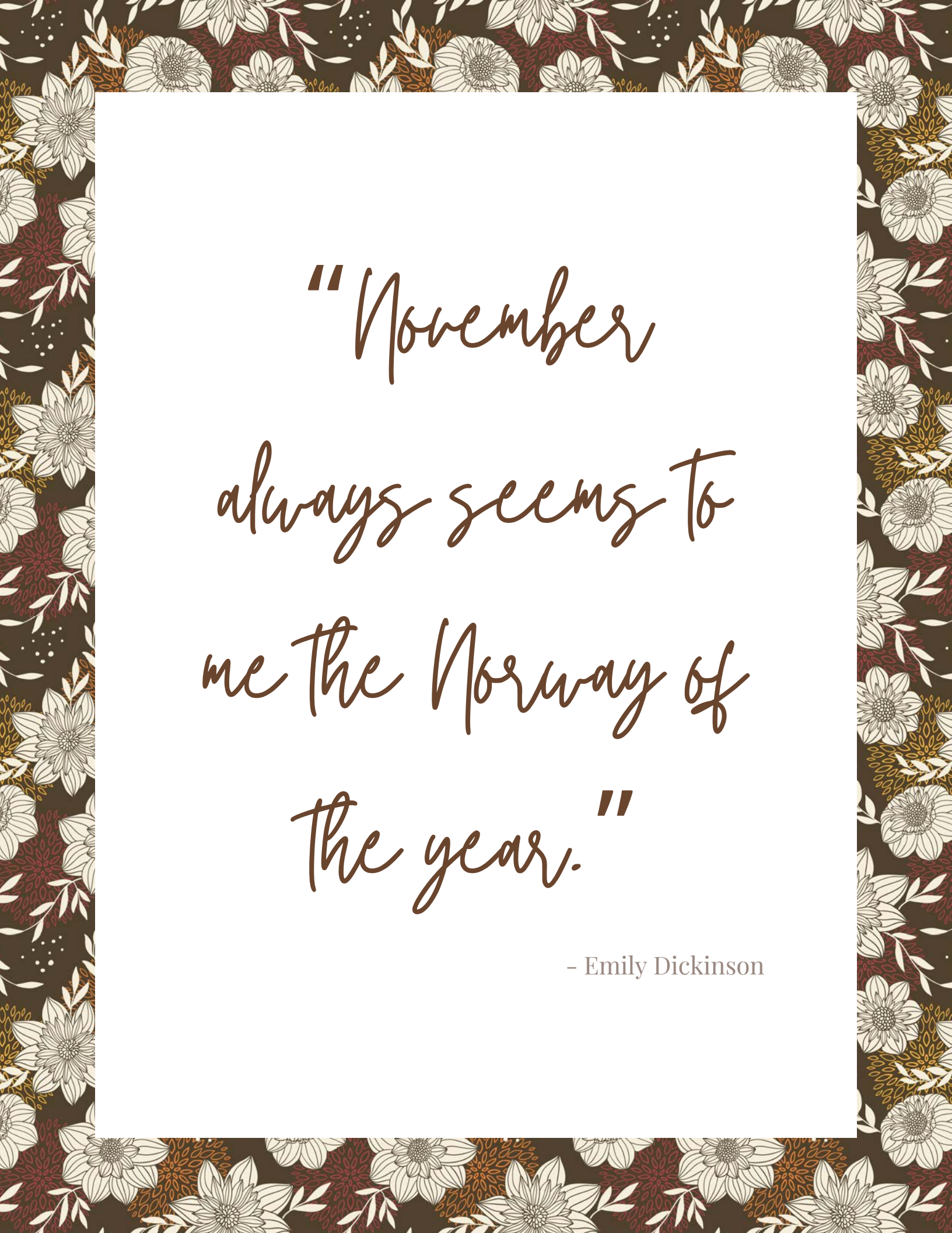
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**“COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS.” PROVERBS 16:3**



A series of horizontal lines for taking notes, spanning the width of the page.





*"November  
always seems to  
me the Norway of  
the year."*

- Emily Dickinson



