# January 2024

The Homemaker's Circle



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







# January 2024

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Monthly Calendar	SUNDAY	MONDAY	TUESDAY	
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				7
	7	8	9	
¥	14	15	16	
	21	22	23	
				4
	28	29	30	
				4
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#### 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

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3	
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#### PERSONAL GOALS

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WEEKLY ACTION ITEMS	WEEK:	1	2	3	4	5
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7						
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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

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.

-	BIBLE   STUDY   NOTES     THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105	_
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### 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

# SERMON NOTES

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

DATE:

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### 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	7
	10:00 AM	P
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	2:00 PM	20
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NOTES:	7:00 PM	
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	9:00 PM	
	10:00 PM	7

### 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

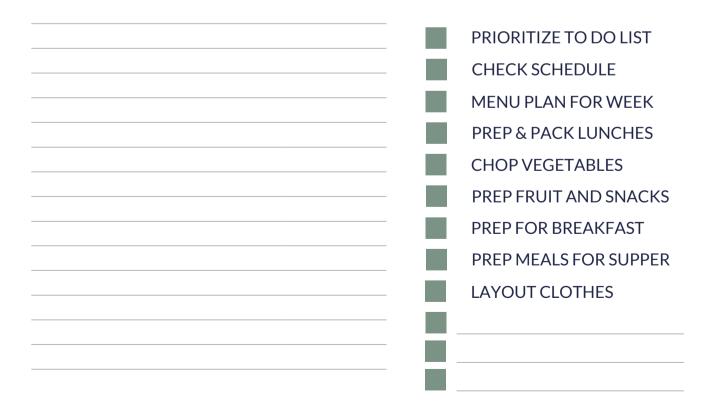
Planning the week's menu can save you a lot of time and frustration before meal time.

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...

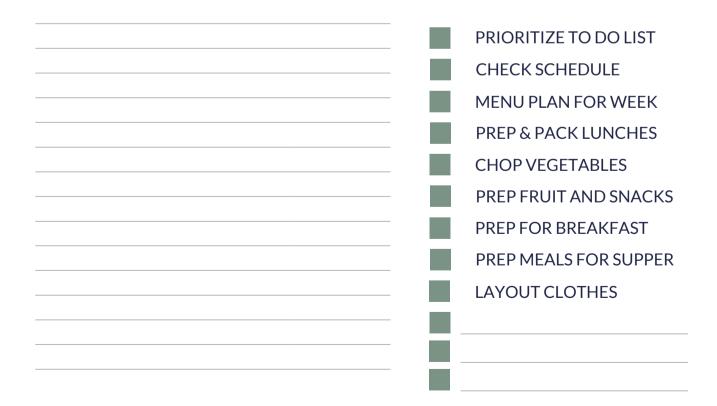
#### TO DO LIST FOR THIS WEEK





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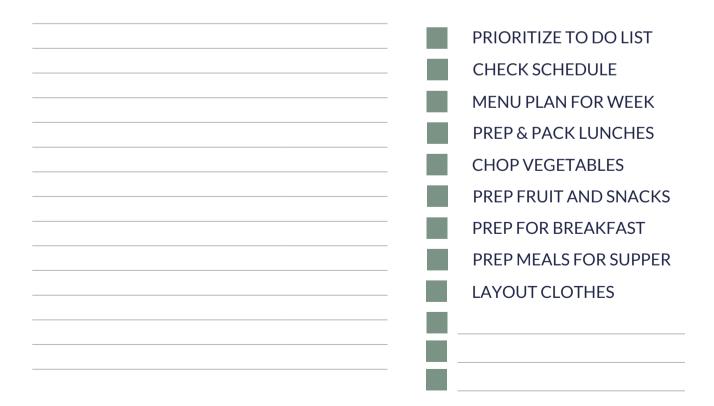
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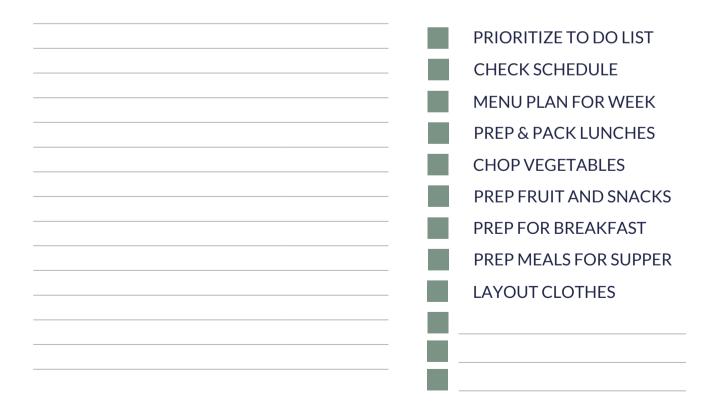
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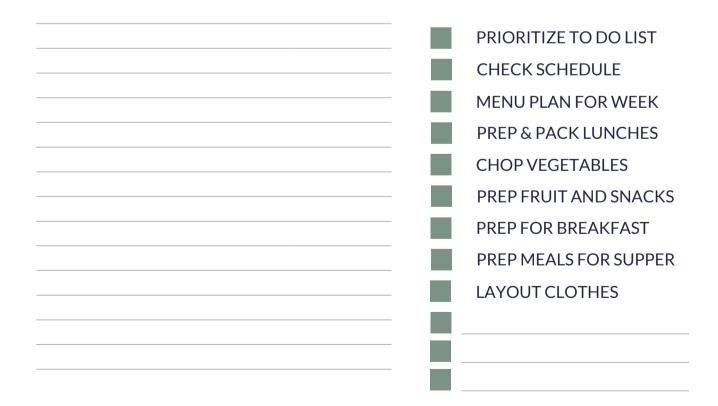
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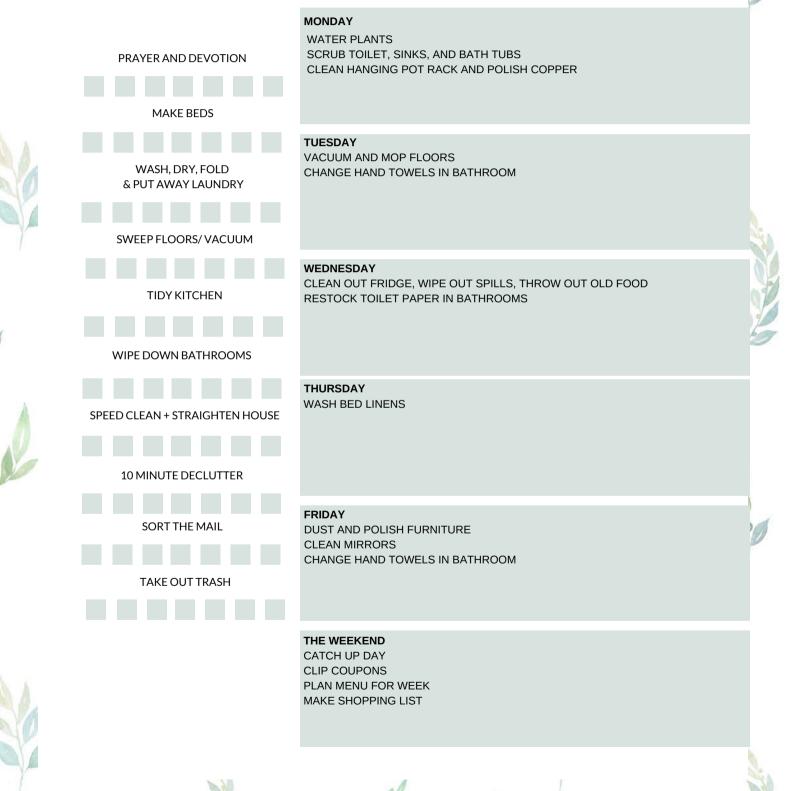
#### TO DO LIST FOR THIS WEEK



CHECKLIST # 1

#### DEC 31 - JAN 6

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



CHECKLIST # 2 JAN 7 - JAN 13

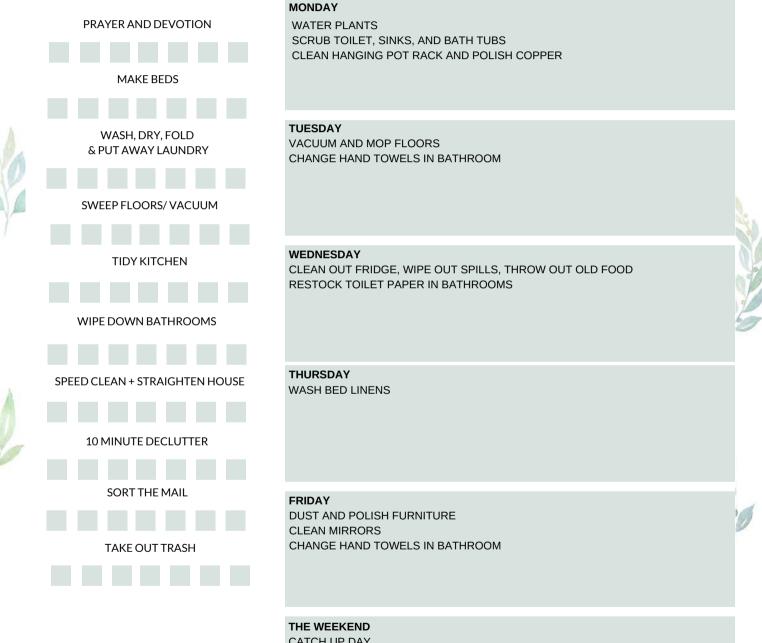
#### "COMMIT TO THE LORD WHATEVER YOU DO, AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3



CHECKLIST # 3

#### JAN 14 - JAN 20

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

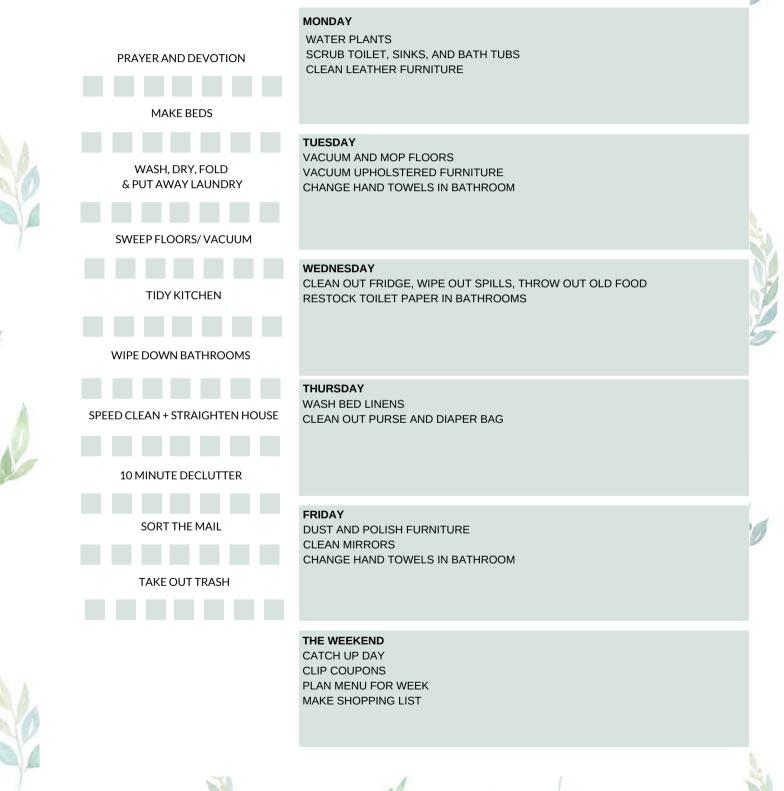


CATCH UP DAY CLIP COUPONS PLAN MENU FOR WEEK MAKE SHOPPING LIST

CHECKLIST #4

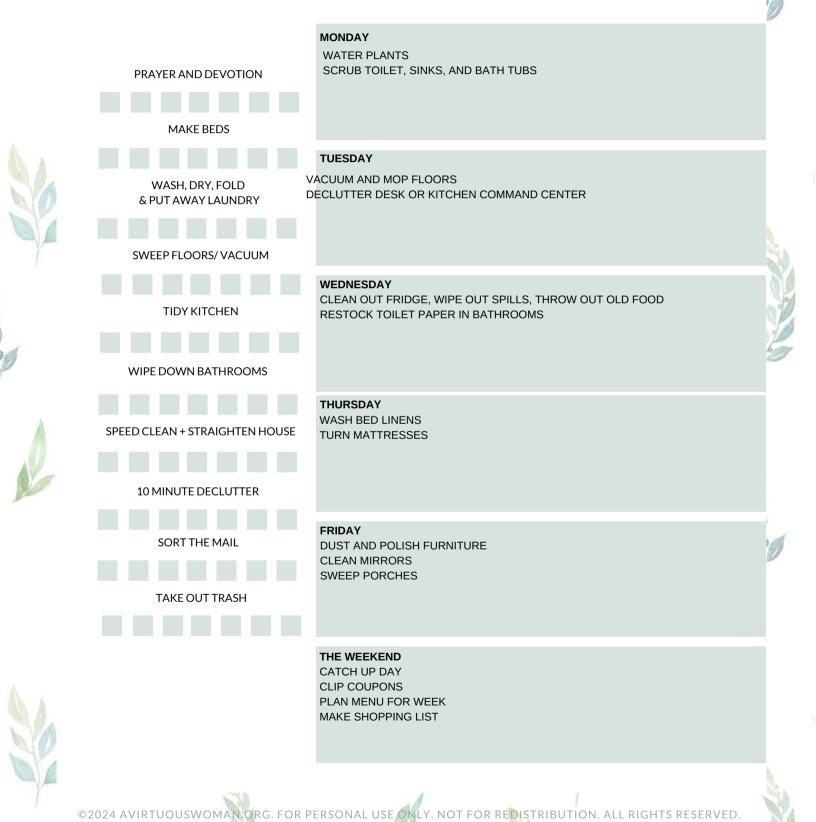
#### JAN 21 - JAN 27

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



# Weekly CHECKLIST #5 JAN 28 - FEB 3

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



# he Plan For THIS WEEK

DEC 31 - JAN 6

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

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The Plan for THIS WEEK

JAN 7 - JAN 13

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

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Wipe Down Bathrooms										
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The Plan for THIS WEEK

JAN 14 - JAN 20

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# The Plan for THIS WEEK

JAN 21 - JAN 27

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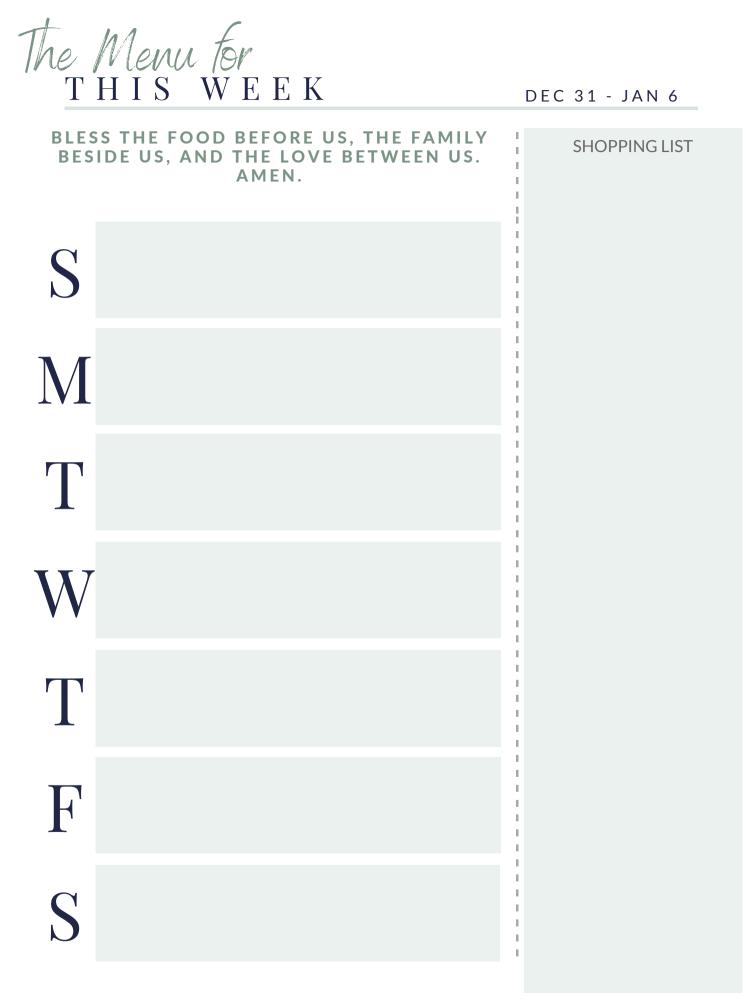
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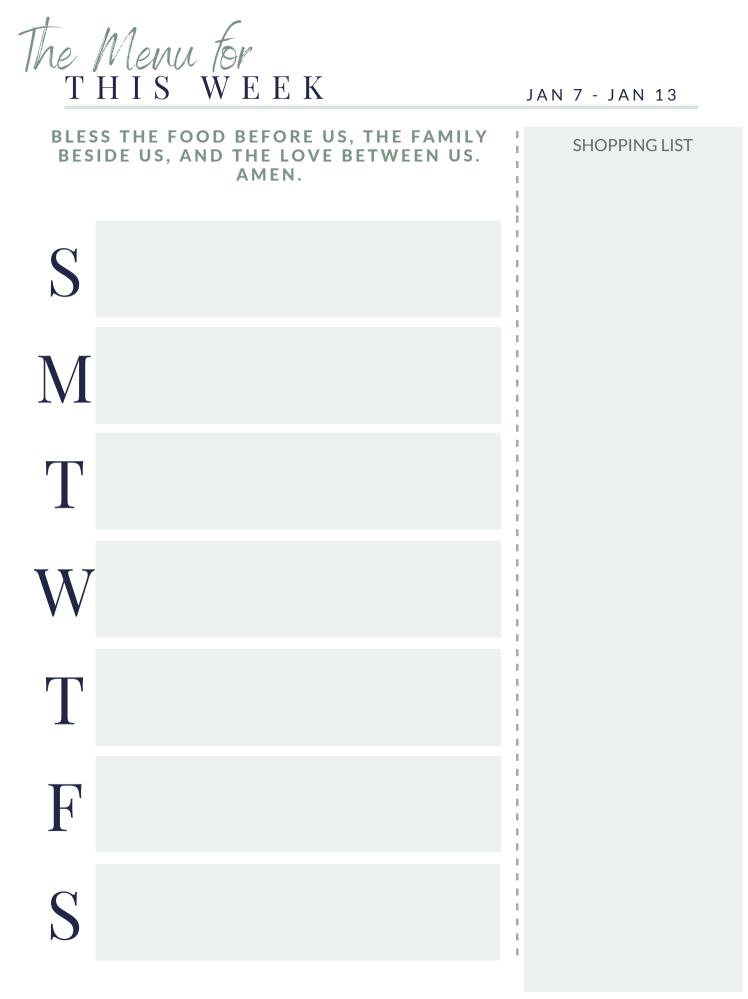
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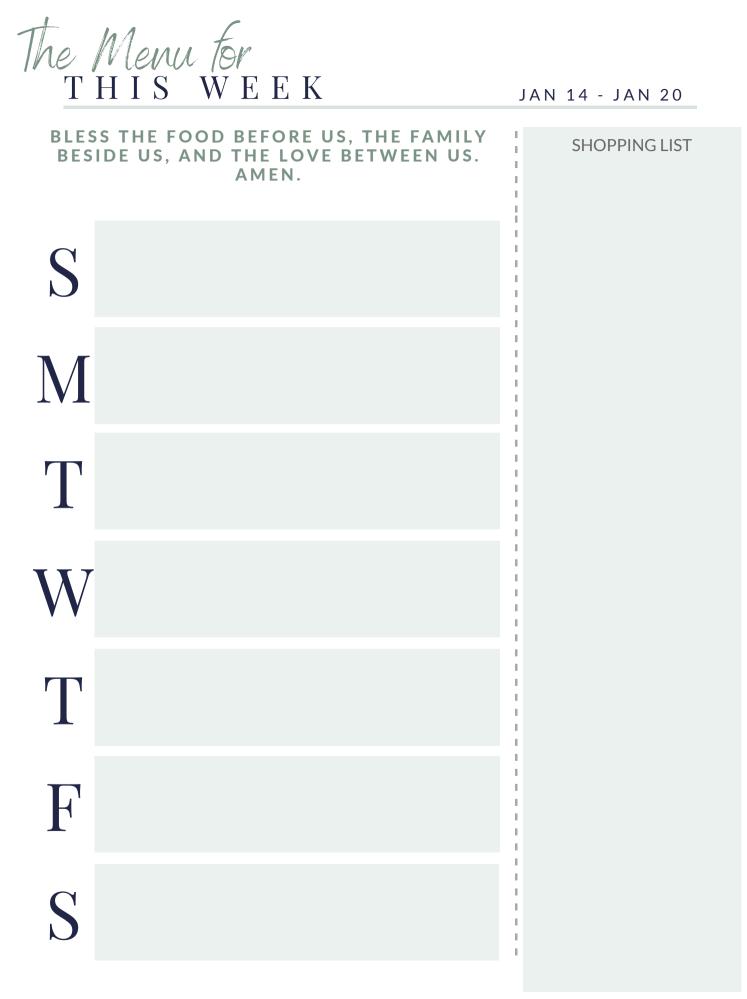
JAN 28 - FEB 3

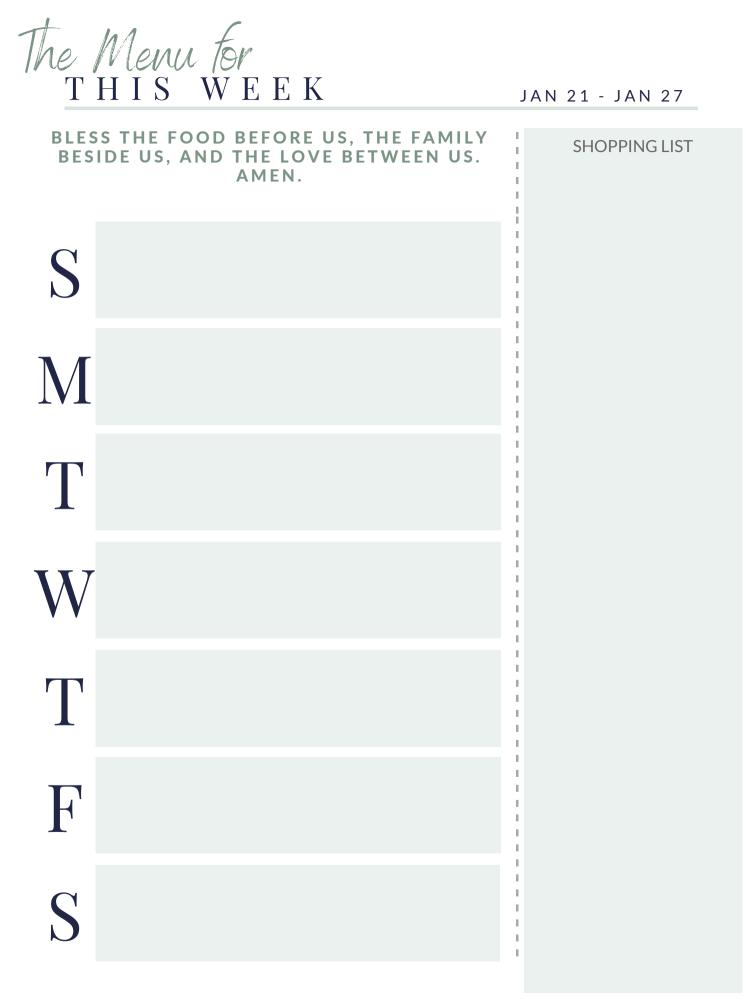
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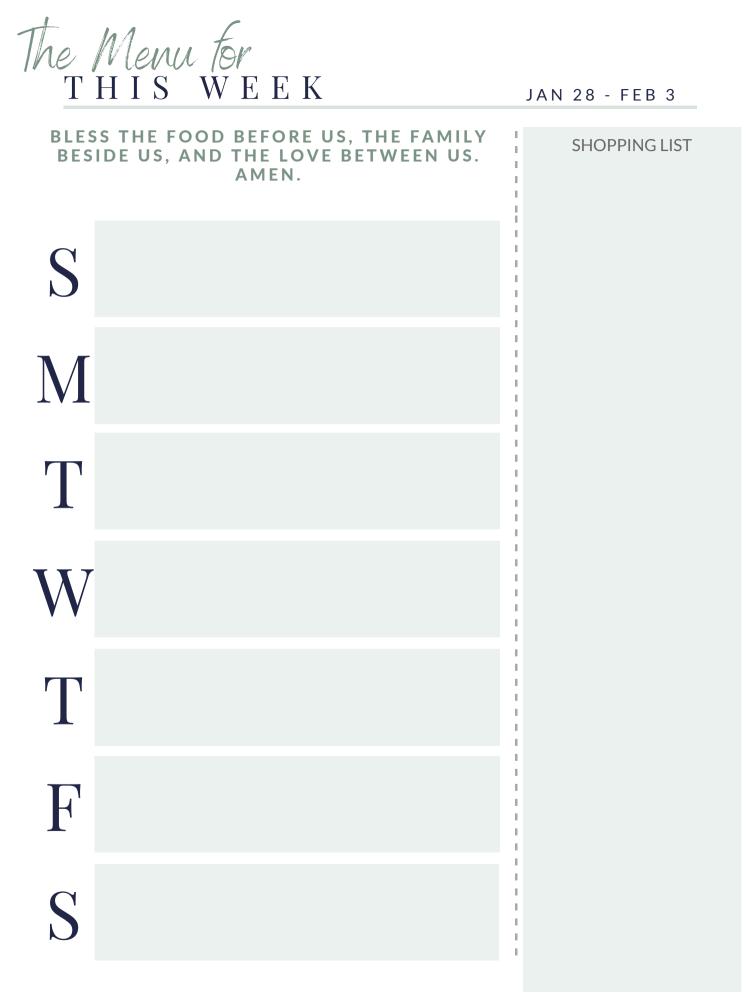
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### SELF CARE CHECKLIST

**JAN 7 - JAN 13** 





JAN 14 - JAN 20





### SELF CARE CHECKLIST

JAN 21 - JAN 27



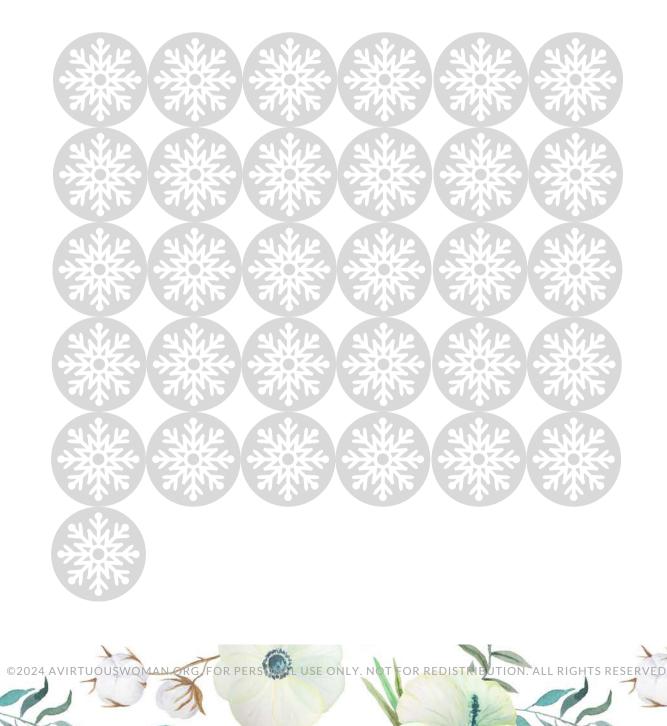


# Monthly HABIT TRACKER

JANUARY 2024

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

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





#### ALL PURPOSE CLEANER

1/2 c white vinegar2 Tbsp baking soda10 drops tea tree, lavender, or lemon essential oil

In a glass spray bottle, mix the vinegar, essential oils with a little water. Add baking soda. After the fizz and bubbles subside, fill bottle to top with water. Before using, gently shake to remix. Spray on surface and wipe with clean cloth.

#### SOFT SCRUB

 cup baking soda
1/4 cup castile soap
drops tea tree, lavender, or lemon essential oil
tbsp hydrogen peroxide
widemouth Mason jar with lid

Mix together the baking soda, castile soap, essential oil, and peroxide into a bowl. Stir mixture until well combined. Spoon mixture into a Mason jar and seal tightly with lid.

#### WINDOW CLEANER

- 2 cups distilled water 1/4 cup rubbing alcohol
- 1/4 cup white vinegar
- 2 Tablespoons cornstarch
- 1 teaspoon fresh lemon juice
- 8 drops lemon essential oil

Combine all of the ingredients in a spray bottle and shake well before use.

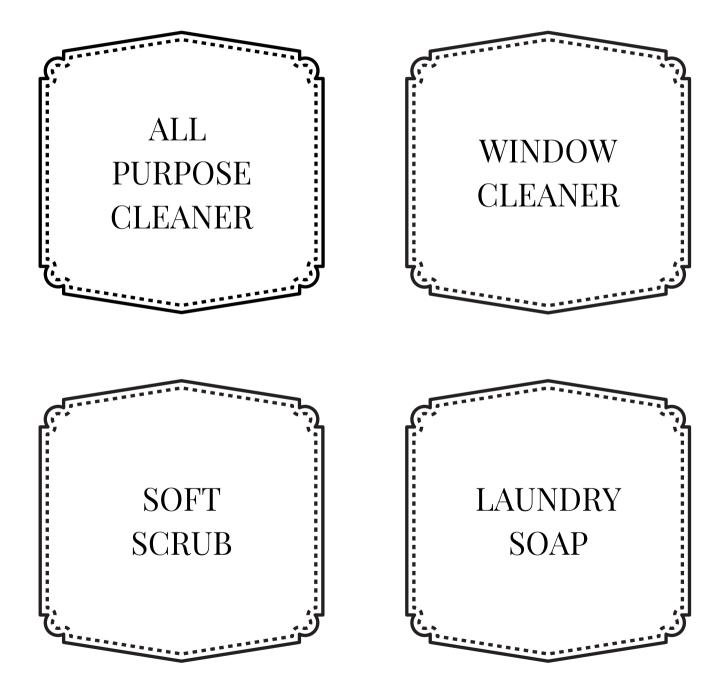
#### LAUNDRY SOAP

1 Box of Borax 1 Box of Arm & Hammer Washing Soda 2 Bars of Fels Naptha Soap

Grate the bars of Fels Naptha soap. Mix grated soap, borax, and washing soda together in a large canister. Use 2 - 4 tbsps of detergent in each washer load.

### LABELS FOR CLEANERS

Instructions: Print labels onto sticker paper. Cut out and adhere to your cleaning container. Two versions available.



### LABELS FOR CLEANERS

Instructions: Print labels onto sticker paper. Cut out and adhere to your cleaning container. Two versions available.



# NOTES

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

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	NOTES "COMMIT TO THE LORD WHATEVER YOU DO, AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3	
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### N O T E S

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