



DAILY PLAN

DATE

TODAY'S SCHEDULE

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 PM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
5-6 PM	
6-7 PM	
7-8 PM	
8-9 PM	

TOP PRIORITIES

TO DO LIST...

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

FOR TOMORROW...

NOTE...





EVERY DAY HOLY

Bible verse:

Prayer for today:

WHEN I'M FEELING STRESSED
WITH MY TIME I WILL:

1.

2.

3.

4.

ONE PLACE I CAN SLOW DOWN

Today I will honor God by:





back to school

EMOTIONAL SUPPORT

Coffee with a Friend

Let's be honest the fall can be just as hectic as the summer. We dream of reconnecting with friends as summer winds down but often we get caught up in the momentum of starting new school routines. Make it a point to text or call a friend and schedule a meet up. Coffee, walk, or any other favorite activity. Our friends are our best resources don't forget to check in with them!

Daily Walk

Moving your body is one of the many ways you can take care of yourself. And as a mom you likely work hard to meet everyone else's needs and often leave yours to last. Try to remember to move! Whether it's a walk, run, favorite cardio class or anything in between. Don't forget that your mental and physical health has to be in a good place in order to serve those around you.

Permission to Eat Out

You've probably seen a million suggestions on how to appropriately meal plan for the first few weeks of the new school year. There are so many great tips and tricks out there. But...some of us just need permission to order the take out, eat cereal for dinner or to simplify our nightly meals any other way. Consider this your permission!

Scripture Meditation

We know that there are going to be busy moments ahead as we enter a new school year. So let's arm ourselves with spiritual fortification. Pick a verse to turn to when things start to feel frantic or stressful.

Have a Family Meeting

It sounds so simple but many of us mom's forget to include the whole family when we plan. Set aside some time to sit down with your family and ask what their goals are for the start of school. Create strategies that everyone can be involved in for getting places on time, etc.



back to school

PRACTICAL SUPPORT

THINGS TO HAVE ON HAND:

- Sharpie
- Post-its
- Pen in your car ready to sign any and all school forms
- Pen in your purse. Same as above.
- 5-10 of your favorite pens at your desk, because they always disappear.
- Cash. Always.
- Healthy(ish) snacks because everyone's hungry all the time.
- Phone charger in car and purse.
- Hard copy or audio copy of a book to read when waiting to pick up kids from school.
- Water bottle. Stay hydrated.
- Favorite coffee mug. Because we all need a little joy each morning!

MAKE YOUR OWN LIST OF MUST HAVES:

-
-
-
-
-
-
-



Daily Gratitude

/ /

TODAY I'M FEELING:

SCRIPTURE VERSE

TODAY I'M GRATEFUL FOR

1. _____
2. _____
3. _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

HOW I SAW GOD TODAY

TOMORROW I LOOK FORWARD TO





Monthly Gratitude

MONTHLY REVIEW

/ /
HIGHLIGHTS OF THE MONTH

1. _____
2. _____
3. _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR
YOURSELF THIS PAST MONTH?

HOW I SAW GOD THIS MONTH:



The Year in Review

2023

/ /

HIGHLIGHTS OF THE YEAR

1. _____
2. _____
3. _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR
YOURSELF THIS YEAR?

HOW I SAW GOD THIS YEAR:

08 | AUGUST
2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TO DO

NOTE

09|SEPTEMBER
2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

TO DO

NOTE

10 | OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TO DO

NOTE

11 | NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

TO DO

NOTE

12 | DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

TO DO

NOTE

01 | JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

TO DO

NOTE