



# Planning for the Next Week

## Menu & Shopping List

Create a menu of meals for the week, including any sides you will have with the meals. Take note of the sides and ingredients you will need for each meal. Be sure to write down staple items that your household needs regularly. We keep a running shopping list on the side of our fridge. Anytime we run low on an item, we write it down on the list.

## Shopping

Plan ahead for when you will shop. Put the items in like order so you only have to go in the aisles that are necessary. If you shop on a different day than your week planning day, schedule that day and time into your week. Be sure to schedule those quick trips in the middle of the week where you might have to go out for fresh ingredients.

## Gather Supplies for the Scheduling of Tasks

Grab your monthly planner, and any other lists or forms you use for this. Download for free “The Scheduler” and “Daily Schedule” to help you with this. One helps you list your tasks and projects, and then schedule them into your week. The other helps you assign times to what you need to accomplish for one day. Write in items that are not negotiable. School, piano practice, work shift, and a dentist appointment are some examples. Then schedule in the other tasks you’d like to accomplish.

## Go Over Your Budget

Go over what you spent this week, check bank and credit card statements, and plan your purchases for the week to come. Be aware of what you’ve spent already from each category in your budget so you can cut back if needed.

## Plan Workout Schedule

Schedule which days of the week you will work out. Decide what time on each of those days you will do your work out and write it in your planner. Plan what exact workout routine you'll complete for each day.

## Refill Medication

If you take prescription medications, vitamins or supplements, it's a good idea to count them out ahead of time in a pill sorter. It's a great way to be ahead of the game in the event you'll be running low on any of them after that week. If you notice you're in need of a refill, now's the time to call in that refill or re-order online if that's an option.

## Refill Beauty Supplies

Quickly go around to each bathroom, where you get ready, and the places you keep back stock to see if there are any supplies running low. Shampoo, tooth paste, and kid's body soap are a few examples. When we grab the last of a shampoo for the bathroom, we then write it on the shopping list. It saves us from actually running out of those products.

## Refill Soaps & Cleaners

Check any sink area to see if there are any hand and dish soaps needing to be refilled. Double check your cleaners you use to see if you need to refill them or put them on the shopping list. You can go to my website and click on Downloads for the "Cleaning Products" list of several products that I use.

## Clean Out Bag

Empty out whatever bag or bags you use throughout the week: Purse, work bag, gym bag, diaper bag, back pack, and lunch bag. Completely empty everything out to be sure it's clean and put items back in an organized fashion. Don't forget the kid's backpacks and lunch boxes.

## Refill Pet Foods and Treats

We have back stock of all of these and weekly we refill where we serve them from. This also tells us if any of these need to be on the shopping list.

## Plan Outfits

I pick my kids outfits out for the week and leave them in a hanging organizer. Each morning my boys also set out pjs for that night. Choose what outfit you will wear for each day and hang or place them in a specific area to grab each morning. Check your workout clothes to be sure you have enough clean for your week. It's a good idea to set these out for the week too.

## Tidy House

Go through each room and pick up items that don't belong, and put them away. If you need to, get a basket to use specifically for this purpose. I suggest a collapsible hamper so it can easily be stored out of site when you are finished. A tidy house gives you a fresh start to the week.

## Self Care

Do anything you prefer to do that involves taking care of YOU. Take a nap, paint your nails, call a friend, video call with family, take a bath, read a book, enjoy a walk in nature, or do a craft. It is very important to take care and time for yourself. If you don't take care of yourself, you'll have a harder time keeping up with the other loved ones you take care of. This will help you lead a healthier life, and be able to show up more fully to your responsibilities.

## Have an Awesome Week!

Be yourself.

Be kind.

Be bold.