

# TIPS & TOOLS FROM ABC HOME BUILDERS

## HOME PLANNING

- Make a schedule/plan. It won't happen without a plan of action!
- Use Google calendar, whiteboards, planners, or even timers and reminders on your phone to keep you on schedule.
- Have a list of daily/weekly/monthly chores and create a repeating list or utilize an app that keeps track and refreshes when needed. Digital or paper and pen – use whichever one works best and helps you be consistent.
- Have certain tasks assigned to do each day of the week. For example – laundry on Monday, grocery shopping on Tuesday, bathrooms on Wednesday, etc. That way every day you know what needs to be done. If you are training children to do these tasks, make sure to keep them on your schedule as well. A family is a team and can work together to keep the home clean and organized.
- Keep your plan simple! The more detailed and complex, the less likely you are to do it. Figure out what plan helps you be consistent and use that.
- Don't be afraid to enlist help in the management of your home! Hubby, children, and if the budget allows, maybe a housekeeper or lawn maintenance crew. If you have a big project to do, pay some of the teen girls at church to come for a day and help. The oversight of the home doesn't have to mean we do every single task ourselves.
- If you work outside of the home, make sure to utilize the early morning time before you leave to set your home up for success that day. Get some laundry started, leave with a clean kitchen, know what you are having for dinner that evening, etc.
- If a daily list doesn't work well for you, try cleaning by zone – focusing on cleaning one room at a time.
- Make the most use of your time. Even if a project seems like it will take a long time, often once you get working, you accomplish it much faster than expected. Instead of scrolling social media or zoning out when you have a few minutes of down time, get a little project done or a jump start on your next task.
- Make your home a place you truly enjoy being, then caring for it will be more of a joy than burden.

# TIPS & TOOLS FROM ABC HOME BUILDERS

## MEAL PLANNING

- Start by planning your meals with what you already have in your kitchen. This saves money and reduces waste. Build your meals from what you have first (especially anything that is about to expire), then your grocery budget for the week can be spent on filling in the gaps and then building your pantry with good sales and stock ups.
- Have a menu on the fridge or in your planner. Set aside 30 minutes one day to plan out what your family will have for the week. It helps to know ahead of time and reduces the number of decisions you have to make throughout the week.
- Make sure to utilize a leftovers day to be a good steward and have a night off from cooking.
- Keep your menu simple and nutritious, especially in busier seasons of life.
- Make sure to consult your calendar and even the weather when planning! Don't plan a labor-intensive meal on a day that you have outside obligations. Going to be a snowy day? That's a great day to plan for warm soup or stew.
- Make up your mind that feeding your family is something you will do. Don't give yourself any wiggle room to get out of this responsibility. Learn to enjoy it! Being resolved to serve your family in this way and changing your mindset about it really does make it more enjoyable for you and your family.
- Review your meal plan the night before so you can prep the meal to give you a jump start to the next day.
- Meal prep – whether done weekly or monthly – set some time aside to prep proteins, quick breakfasts, side dishes, etc. This will save you time in the future as well as help you plan future meals.
- Be familiar with your kitchen small appliances and utilize them when planning. Crockpots, Instant Pots, canners, etc.
- Have a document with your family's favorite meals as well as meals you like to serve for hospitality. It makes the planning process much easier.
- Batch cook – If you are going to the trouble to make something, double or triple it and freeze it to pull out during a busy week or when the budget is tight.
- Buy your proteins in bulk (if possible) and use those as the basis to build your menu around.

# TIPS & TOOLS FROM ABC HOME BUILDERS

- Plant a garden and learn to store food.
- Assign a type of meal for each day of the week. For example – Crockpot Meal Monday, Mexican Tuesday, Soup on Sundays. It can help with decision fatigue. And don't forget to include a day to eat leftovers and clean out the fridge!
- Keep certain foods/meals stocked, so you always know you have at least one or two meals you can prepare when nothing goes according to your plan.
- Have reminders set in your phone to prompt you to meal plan, thaw the meat for your dinner, do pantry inventory, clean out the fridge, etc.
- Give yourself a cushion! There will be days when things go awry and the plan is out the window. Have a little eating out fund set aside each month for such days.

# TIPS & TOOLS FROM ABC HOME BUILDERS

## WORKING HARD AND EFFICIENTLY

- Pray before you begin. Ask the Lord to help you overcome your fleshly desires for procrastination, laziness, selfishness, etc.
- Be in the Word every day and remind yourself of the truth of why we are working in our homes.
- Start by starting. Just do one thing. Then another. Then another. Momentum and joy will build quickly.
- Do the hardest tasks first and get them out of the way.
- Multitask if possible. For example – while folding laundry, listen to a sermon or podcast. While washing dishes, call a friend you need to follow up with. Only do this if it won't slow you down!
- Do something every day. Working small amounts each day feels like it takes less time than letting it all pile up for one day or weekend.
- Remove distractions – put your phone on silent or in another room, turn off the TV or podcast if it distracts you or slows you down.
- Don't circle. Just get to it. We can get caught up in the cycle of thinking about, planning for, preparing for, and rethinking a task and not actually doing it. Simply get to it.
- With the tasks that you really dislike or struggle to get done, make them more enjoyable by listening to an audiobook or watching part of a favorite movie or show, or blast some music to help you have a joyful attitude while completing those tasks.
- Train your children as early as possible. Not only do they learn to be hard workers and care for the blessings we have from the Lord, but they will help you with your oversight of the home.
- If you find yourself slacking in “mundane” tasks, find a way to use creativity to make them more enjoyable. Remake leftovers into a whole new dish, make the space (like the laundry room or the pantry) pretty, play good music in the background, etc.
- Have a regular nightly “tidy” for the whole family.
- Set a timer when working on a task, making sure you stay focused and work for the allotted time. Challenge yourself to see how quickly you can do the job well!

# TIPS & TOOLS FROM ABC HOME BUILDERS

- Remind yourself of the peaceful fruit that organization and cleanliness bring to the home. That your home is a blessing from the Lord that we are to steward well for His glory.

# TIPS & TOOLS FROM ABC HOME BUILDERS

## SCRIPTURES TO ENCOURAGE YOU AND BATTLE THE FLESH IN YOUR HOME BUILDING

- Proverbs 31:10-31
- Psalm 16:5-6 – “The Lord is the portion of my inheritance and my cup; You support my lot. The lines have fallen to me in pleasant places; Indeed, my heritage is beautiful to me.”
- Proverbs 6:6-8 – “Go to the ant, O sluggard, observe her ways and be wise, which, having no chief, officer or ruler, prepares her food in the summer and gathers her provision in the harvest.”
- Proverbs 14:23 – “In all labor there is profit, but mere talk leads only to poverty.”
- 1 Corinthians 16:14 – “Let all that you do be done in love.”
- Galatians 6:7-10 – “Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. So then, while we have opportunity, let us do good to all people, and especially to those who are in the household of the faith.
- Philippians 2:14 – “Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world”
- Colossians 3:23-24 – “Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.”
- When you are feeling overwhelmed or tempted to be anxious with all you have to do, read Philippians 4:6-7 – “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”