

Prepare your Heart & Home Checklist

NAME _____

DATE _____

S M T W T F S

Spiritual Preparation

- Spend 10–15 minutes in daily prayer or meditation.
- Reflect on the past year: gratitude, lessons, and growth.
- Read a meaningful Scripture or devotional daily.
- Journal your intentions and prayers for the season.

Emotional & Mental Preparation

- Declutter your mind: journal thoughts and worries.
- Practice mindfulness or deep breathing exercises daily.
- Identify sources of stress and make a plan to reduce them.
- Limit social media or screen time that brings anxiety.

HOME PREPARATION

- Set up a small prayer or reflection corner.
- Set up a small prayer or reflection corner.
- Add plants or seasonal greenery for freshness.
- Place family photos or inspiring quotes around the home.

FAMILY & RELATIONSHIPS

1. Plan meaningful family activities (baking, game nights, walks).
2. Plan one fun activity everyone can enjoy together.
3. Share daily gratitude around the table.
4. Set gentle boundaries to protect family peace.
5. Pray together, even for just a minute a day.
6. Do one household task together as a team.
7. Listen without interrupting during conversations.

Self-Care & Wellness

- Maintain regular sleep and hydration habits.
- Schedule exercise or movement daily, even short walks.
- Take quiet time for yourself regularly.

REMINDER

- _____
- _____
- _____