

Intentional Inspirations

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October 3, 2015

Dear Friends,

Wow! What a week! Thank you to everyone who sent me notes letting me know you were praying for me. I hurt my shoulder a while back and recently it has really been bothering me. My chiropractor sent me to have an MRI to see if there was anything going on with my rotator cuff. The results came back and there is NO tear! No surgery is required! Praise the Lord! Now I just have to be careful with my shoulder, do some exercising, and let it heal.

Since this was a planned break from homeschool this week, I spent a lot of time planning out my projects, goals, and tasks for the next 7 weeks (leading up to Thanksgiving week, which will be our next break). I also charted out our homeschool schedule. I really do like how I am doing the planning this year, planning in intervals. It makes it more doable, gives me a set time to plan for, and is long enough for me to chart out some projects to work on and get accomplished.

I am ready not only for a new week, but for a new interval in our life. I'm loving the cool crisp Fall days, my new diffuser, and a warm cup of cocoa!

Now let's dig into this week's Inspirations!

1. I'm loving the new Trim Healthy Mama books!

I have had fun looking through the **brand new Trim Healthy Mama cookbook** and trying some new recipes. Here are some I have tried

this week: Lemon Cake, Blueberry Muffins, Secret Big Boy Smoothie, Small Shot Singing Canary Drink, and my favorite -- Iced Coffee. I love the new cookbook and am looking forward to trying more new recipes in the days ahead.

Psst...I'm going to let you in on a little secret -- I am hoping to do another giveaway soon and I'll be giving away a set of the brand new Trim Healthy Mama books! Yippee! Watch for details on that soon!

2. Free Online Conference Coming Next Week!

Michael Hyatt has put together an amazing online conference - the Influence and Impact Summit. He has some amazing speakers scheduled (20+ speakers) including some big names like Dave Ramsey, Lysa TerKeurst, John Maxwell, Jen Hatmaker, Crystal Paine, and more! The Summit runs October 6-13, 2015 -- [click here to register for free!](#)

3. Download The Story Book of Science for free!

Can you believe it is October already? With the new month comes another great freebie! This month you can download my ebook, The Story Book of Science. This is a great living book that you can read to your kids. [Download your copy today!](#)

4. Beauty in Brokenness Video Series

I wanted to share with you this week a really neat video series I ran across. I haven't had a chance to watch all of the videos yet, but they all look so good and I wanted to pass the link on to you. [Click here to go to the Beauty in Brokenness video series!](#)

5. More on Loop Scheduling and Block Scheduling

Last week I talked about loop scheduling and how you can incorporate that principle into your home and homeschool. Well, today I wanted to share with you a couple of webinars -- one on loop scheduling and one on block scheduling. I have been learning so much from Sarah MacKenzie and Pam Barnhill and know that you are going to get a lot out of these videos. Bookmark them if you don't have time to watch

now!

[Loop Scheduling Webinar](#)

[Block Scheduling Webinar](#)

6. Start now preparing for the holidays!

This year I am getting a head start on Christmas! I have actually already purchased some gifts and purchased Christmas cards to send out. Yeah! If you want to follow along with the Holiday Planner and do a little each week, you will be amazed how less stressed you will be!

[Bookmark the Holiday Planner To Do Lists post](#) and get started next week!

7. I need your opinion about a video series!

One area that I have wanted to pursue more is providing some videos to you that would be helpful in your homeschooling and homemaking. I really want to be able to broadcast on Periscope, but I have a cheap Smartphone that only has a rear-facing camera so it won't work for doing Periscope. Because of that, I am considering getting on Blab and doing some videos or using Google Hangouts to record videos.

But the key here is that I want to provide content that would be helpful to you. I also would love to get to know you better and for you to get to know me better. I believe we all have so much to give and share with each other, and I want to be faithful to share with you what the Lord has given me.

So...here is where I need your help. **What topics or questions do you have that you would like me to cover via a video series?** Feel free to simply reply to this email and let me know. I am open to any topics relating to Trim Healthy Mama, homeschooling, homemaking, or home business. I want to hear from you! What would help you the most? What areas are you struggling in the most? Email me and let me know!

8. What I am reading this week!

Because this week has been a little crazy with doctor appointments and life planning, I have not done a ton of reading. [Click here](#) to see

the links to the books I am currently reading.

I hope you have enjoyed this issue of **Intentional Inspirations**. If you want to read previous issues, just click on the header at the top and it will take you to the Intentional Inspirations Archives!

Each Saturday I will continue to bring you valuable content that will help you live intentionally!

Have a wonderful weekend,

Sheri

You can also connect with me here:

www.SheriGraham.com

www.SheriGraham.com/intentionalplanner

www.12weekholidayplanner.com

www.homeschooling-central.com

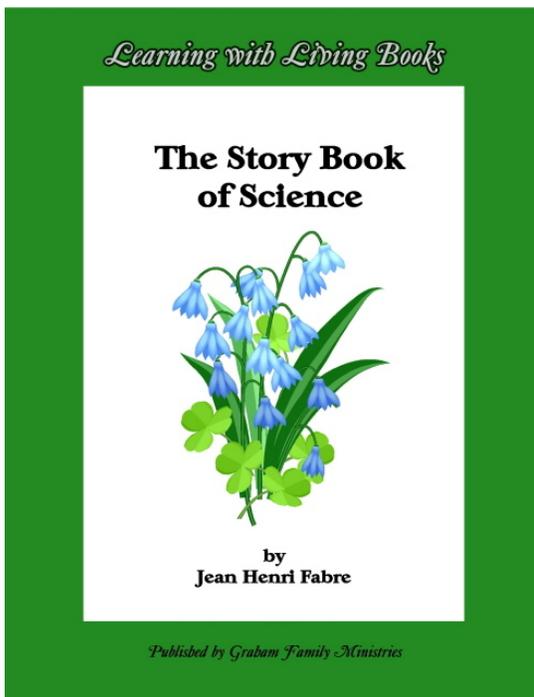
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New on the Blog This Week

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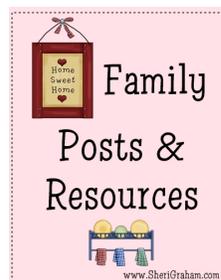
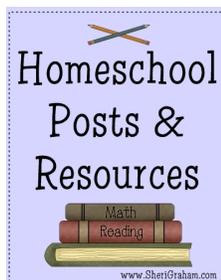


Do you want to have a peaceful Thanksgiving and Christmas where your focus is on Jesus and celebrating with your family? Enter — The 12-Week Holiday Planner! In this post you will find the weekly To Do Lists that are contained in The 12-Week Holiday Planner! [\[Read post...\]](#)



Guess what? Today is the first day of October, which means a **brand new monthly freebie!** This month I am offering my ebook, The Story Book of Science, as a free download. This is a great book to read-aloud to your children and you will all learn a ton of science in the process! [\[Read post...\]](#)

Quick links just for YOU!



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