

[Like](#)[Tweet](#)[Pin](#)[+1](#)[in](#)[Web Version](#)[Preferences](#)

# Intentional Inspirations

go to the archives >



**October 10, 2015**

Dear Friends,

How has your week gone? Mine has been a little crazy with extra chiropractor appointments, a sick child, and a day I wasn't feeling the best either. But we made it through! Thanks to everyone for your prayers for my shoulder. It is doing so much better than last week, and I just praise the Lord for that.

I have tons of fun stuff to share this week! Yeah! It has been a joy to hear from some of you through email during the week, sharing about how much you are enjoying these newsletters. I want to thank each of you that takes the time to open these up and read through them. My goal is that you will find something you can take away and use in your own life each and every week!

It has been one of my goals to begin doing some videos for you all. Well, now is the time! See #7 below for all the details. Hope you can join me live!

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

## **1. Trim Healthy Mama Tip!**

I thought today I'd share a quick tip that might help some of you out. There have been many times in the evening when I wanted something sweet but didn't have anything made ahead to eat. So instead of grabbing something that wasn't good for me, here is what I would do.

I have one of those shaker bottles that you can buy at most any store, that has one of those wire balls in the bottle and a lid so you can shake up your drink. Well, I fill it about half full of unsweetened vanilla almond milk. Then I add a dash of Stevia sweetener, a dash of vanilla, half a scoop of protein powder, and a tablespoon of cocoa. Sometimes if I want an extra health boost, I'll add a scoop of Matcha green tea powder (it adds nutrition but you don't really taste it).

Then I make sure the lid is tight and shake it up good until it is all blended. Drink and enjoy! It is like drinking chocolate milk, but oh so much better for you!

## **2. Do you love to doodle and do pretty lettering?**

Lisa over at [CreativLei](#) is doing a fun 31 Days to Love Your Lettering blog series! Each day she has instructions, printables, and more to walk you through doing some fun lettering. [Go check it out today and have some fun lettering!](#)

## **3. I'm really enjoying the Influence & Impact Summit!**

This may not be for everyone, but if you are wanting to make an impact and influence on those people God has placed in your life, check out The Influence & Impact Summit. Michael Hyatt put together this summit and I have really been enjoying listening to all the presentations. The summit is live through Oct. 13 and you can listen in for free! After Oct. 13, the interviews will only be available to members of Platform University (Michael Hyatt's membership site). But the speakers have been excellent and I am learning so much about how to better serve you and make a difference in your life. [Click here to watch today!](#)

## **4. Are you ready for Week 2 of The Holiday Planner?**

I haven't always been able to work through The Holiday Planner, but this year I am actually getting a head start on Christmas and it feels so good! I thought it would be fun to include next week's to do list here for you. Enjoy!

## **Week 2: Browse Week**

This week's list is short, but it is very important! You will be making lists of gifts that you want to buy or make yourself, as well as jotting down some decorating ideas. You may be tempted to skip over these this week, but don't!

[ ] Develop gift ideas! Turn to your Christmas Gift Shopping List and Gift Making Checklist that are filed under the Christmas Gifts section. Develop and record ideas for gifts that you want to buy and gifts that you want to make yourself. We have included a wealth of gift ideas for you to choose from to get you started (in the Holiday Planner). You can also find some great gift ideas in my [Homemade for the Holidays series](#) or check out my [Gifts Kids Can Make Pinterest board](#).

[ ] Brainstorm decoration ideas! Using the Decoration Ideas form provided, begin to jot down decoration ideas for each room of your home, along with supplies that you will need. File this form under the Holiday Decorations section when completed.

[Click here to see ALL the Holiday Planner to do lists!](#)

## **5. How I listen to mp3 files on my Android phone!**

I love to listen to audio files while I do dishes or am cooking dinner, but hate to have my Kindle or laptop in the kitchen with me. I was hoping I could figure out a way to use my phone to listen, but didn't want to have to load up my phone with a bunch of audio files (which takes up space I don't have!).

So yesterday I was researching and found a way! Yeah! I created a folder on my [Google Drive](#) for my audio files. I saved some mp3 files of webinars and workshops that I wanted to listen to in that Google Drive folder.

Then on my Android phone, I downloaded the free [Beat-Cloud & Music Player](#). Once the app was downloaded, I had to log into my Google account, then I there are some options to choose from (Google Drive, Dropbox, etc.). I chose Google Drive, then it opened up my Google

Drive folders. I selected the folder with my audio files in it and selected the audio to listen to! I love it!

I love this option because it plays the files from the "cloud" and does not load up my phone with a bunch of audio files. If you have some audios you have been wanting to listen to, do what I did and begin listening today!

## **6. Learn how to include "Party School" in your homeschool!**

Recently I have really been enjoying listening to Julie Bogart share on Periscope. This past week she shared about how to include "Party School" in your homeschool. I wanted to share it with you because I think you will enjoy it too. [Click here to watch the replay!](#)

## **7. Announcing my first Blab session!**

Ok guys, I am totally going out of my comfort zone, but really feel like I want to start doing some videos so that you can get to know me better, and hopefully I can get to know you better too! I have scheduled a Blab session for next Wednesday at 2:30 pm CST. If you are not familiar with Blab, it is a live streaming video platform that allows you to watch live, comment or ask questions in the sidebar, and even jump on the video with the host. For starters, I don't think I will be adding anyone in the video with me, but I am excited to share with you and be able to respond to any questions too!

In order to watch the Blab live, you have to log in with your Twitter account. If you don't have Twitter or cannot make it to the Blab live, don't worry! I will be posting the video on my website for all to view any time.

In this first Blab session, I am going to be discussing more about what you can do during your homeschool break week. If you have more questions or topics you would like me to cover in these videos, just reply to this email and let me know!

If you [go to this link](#), you can subscribe to the Blab and then you will

be notified when I am "live". Hope you can join me!

## 8. What I am reading this week!

I am so excited to share with you a new book I started this week -- *Teaching from Rest* by Sarah Mackenzie. I actually read the first edition when it was only an ebook, but have been enjoying digging into the brand new expanded and revised edition. [Find all the details here](#), as well as a neat video to watch!

[Click here](#) to see the links to these books and all the other 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](http://www.SheriGraham.com)

[www.SheriGraham.com/intentionalplanner](http://www.SheriGraham.com/intentionalplanner)

[www.12weekholidayplanner.com](http://www.12weekholidayplanner.com)

[www.homeschooling-central.com](http://www.homeschooling-central.com)

---

New to Intentional Inspirations? [Click here](#) to see how to subscribe!

---

## New on the Blog This Week

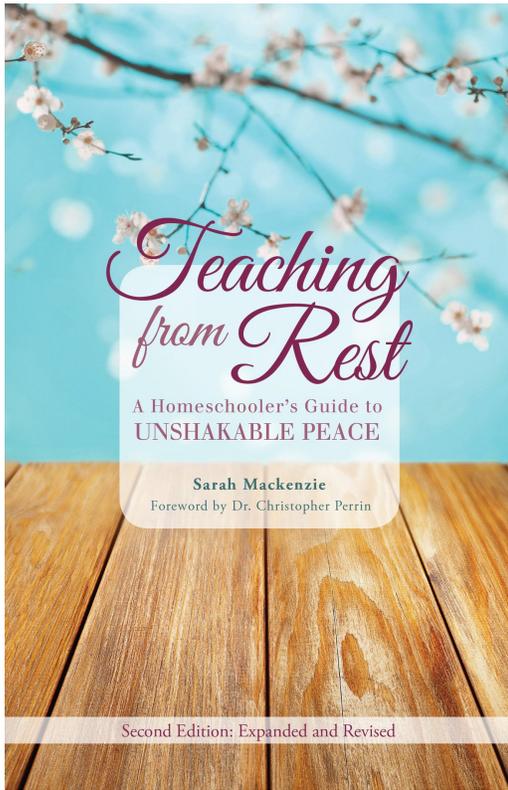
[Click here](#) to receive new blog posts in your email whenever a new post is published on my blog! (Note: You must be an existing newsletter subscriber to be added to this list!)



I recently shared in one of my Intentional Inspirations newsletters about how I have set up our homeschool schedule a little different this year. I am planning in 6-7 week intervals, with 1 week breaks in between. We just finished up our first 6

weeks of homeschool and had our first week break last week! Well, a reader asked what exactly we do on our break week, so I thought I'd do a quick post with some tips for you.

[\[Read post...\]](#)



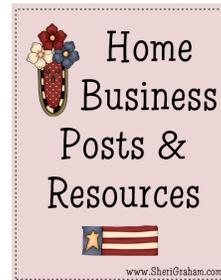
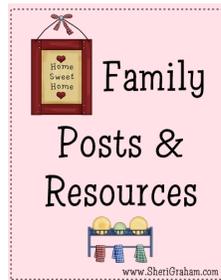
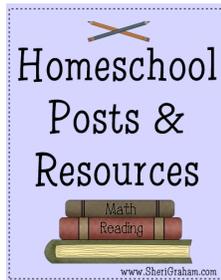
Just recently Sarah has come out with a second edition that has been expanded and revised. I bought a copy and have been digging into it this week. Click on over to the post for links to the book as well as a free video to watch of Sarah talking about Teaching from Rest!

[[Read post...](#)]



Do you desire to have a peaceful holiday season where you can enjoy time with your family, focusing on celebrating Jesus - the reason for the season? Check out [The Holiday Planner!](#) Each week there are to do lists for you to work through so that you get a little done each week. [Grab The Holiday Planner today](#) and begin preparing now for a peaceful Christmas holiday!

## Quick links just for YOU!



*This email contains affiliate links. See our full [disclosure policy](#).*



Remain subscribed to our list in order to continue receiving updates and newsletters!

©2016 Graham Family Ministries | P.O. Box 826, Moundridge, KS 67107

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi**®  
A GoDaddy® company