

# Intentional Inspirations

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**October 24, 2015**

Dear Friends,

It has been a great week! I pray that your week has been good and you have had chances to make memories, be intentional, and love well.

I was able to record another short video this week (see #1 below). I hope you are enjoying these. My plan is to do many more. But what I would really love is to have more join me live so that I can actually interact with you. As I have been brainstorming exactly how I want to use Blab (where I record my videos), I came up with some great ideas. More on that soon!

Next week I will be doing a post explaining exactly how to use Blab so that it will be easier for you to join me live if you want to. Watch for that post next week!

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

## 1. THM Tip: Are you getting enough E meals?

I had a real eye opener this week as I was reading through the new Trim Healthy Mama Plan book. You see it is so easy for me to get in S and FP meals and snacks, but very rarely have I been eating E meals. After reading in the THM book how important the E meals are and what can happen if you neglect this important meal type, I knew I needed to do something about it. Listen in as I talk a bit about adding more E meals into your menu in [this short video](#) I recorded this week!

## 2. Free Printable Scripture Cards

This week I ran across [these beautiful free printable Scripture Cards](#). There are tons of verses on different topics, as well as pretty divider cards so you can organize them in an index card holder. I love these! Not only would they be great to use yourself, but would make a great gift.

## 3. Get The Green Ember Audiobook for only \$1

I have been wanting to get The Green Ember book and just haven't purchased it yet. So I was so excited to see this limited time offer to [get the audio version for only \\$1](#). I don't know how long they will be offering it at this low price, so if you are interested head on over and grab your copy today!

## 4. How about some free homeschool curriculum?

I love shopping at Educents because they have some amazing deals sometimes! Below are a couple of free items you can pick up right now. If interested, grab them now before they expire!

### [Free Unit Studies & Activities from The Old Schoolhouse](#)

Over \$240 worth of AMAZING resources, unit studies, and activities for you and your family for FREE. Includes the entire set of Curiosity Files and WannaBe Series! Hurry! This special lasts through October only! Claim your free wonder bundle today!

### [Free Online Math Curriculum \(One Grade Level\)](#)

Get a single grade level of your choice FREE (\$59.99 Value). The free offer includes a curriculum eBook, UNLIMITED worksheets & tests, and an automatic grading and tracking system! Simply download the file with your order and follow the instructions provided in that document to get your free single grade level of your choice.

## 5. Tips for Samaritan's Purse Shoe Boxes & Writing letters to your sponsored child

Many are joining in and packing a shoe box to send overseas to a child in need this Christmas. I found [this great post](#) that gives tons of great

ideas on items to pack in the boxes. I love that she has ideas for older kids as well!

We are currently [sponsoring 3 children through Compassion International](#). Back when my business began to bring in some income, we decided we wanted to use some of that money to bless others. It has blessed us as we write to our sponsored children and get to know them better. This week I found [this great post with tips](#) and some downloads you can use to write your sponsored child. Enjoy!

## 6. Needing to add some science fun to your studies?

Grab this incredibly fun [12-month subscription of Ms. Frizzle-approved, whacky experiments](#) delivered to your doorstep for award-winning science FUN! I am seriously considering purchasing this to do with my kids. They love doing experiments and we have not done a lot of science this year yet.

Right now you can get this subscription at 50% off and you get FREE shipping today within the continental US. Grab it now if you are interested!

## 7. What I am reading this week!

For some reason I have not been getting very much reading in, but this week I spent a lot of time digging into the new [Trim Healthy Mama Plan book](#). As I shared above, I am re-learning some things and getting myself back on track!

I have also been reading a pre-release copy of Crystal Paine's new book, [Money-Making Mom](#). It is full of excellent advice and I can't wait to finish it. If you are interested, you can pre-order the book right now!

[Click here](#) to see the links to these books and all the other books I am currently reading.

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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)

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## **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!)

Special Sale for 8 Days Only!  
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**REGISTER NOW!**

Just a quick note this afternoon to let you know about this amazing online homemaking conference! I got in on this last year and it was full of great homemaking helps and encouragement. This year looks like another conference packed with goodies!

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

*"He's called me to be faithful; yet I'm determined to be successful."*

Teaching From Rest  
by Sarah Mackenzie

www.SheriGraham.com

Last week as I was reading through Sarah Mackenzie's book, Teaching From Rest, I underlined sections and copied them into my journal. I wanted to share one sentence that stood out to me as I was reading...

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

New Video!

**Adding in More E Meals in Your Trim Healthy Mama Menu**

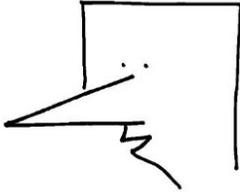
Visit my Video Archives at:  
[www.SheriGraham.com/videos](http://www.SheriGraham.com/videos)

A reader sent me a note recently asking me how to incorporate more E meals into your diet. She was also wanting some ideas for E meals and some non-sweet snacks. In this short video I talk about the importance in including

E meals in your day and give some tips that have helped me. Enjoy!

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

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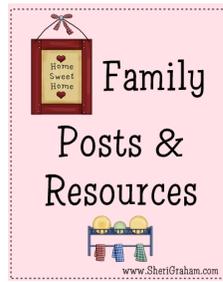
Have you heard of the Life of Fred books? I know I have talked about them some here on the blog. For many homeschool families, the Life of Fred math books have brought new life (and laughter) into their math time! Below is a complete Buyer's Guide for the Life of Fred books! About everything you want to know should be covered here.

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



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