

Intentional Inspirations

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January 23, 2016

Dear Friend,

It has been a crazy week here in Kansas! We've had ice, then promises of 4 inches of snow that only materialized into a dusting. The kids were so disappointed! (I was too!) I can't believe we have gone through winter so far with only a couple dustings of snow. I want a real snow storm with snow enough to play in!

I hope you enjoy this week's newsletter. It has been a week of new things, good books, and hot cocoa!

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

1. Making THM Hot Cocoa on these cold winter days!

I love curling up on the couch with a good book and some hot cocoa! Since I have been trying to stay away from sugar, I like to fix myself a Trim Healthy Mama version of hot cocoa to enjoy. It gives me a little chocolate fix and something warm to soothe on a cold day.

Here is how I make it: Fill a mug 1/4 full of water and heat in microwave until hot. Stir in 1 tablespoon cocoa and mix well. Add some stevia sweetener and unsweetened almond milk to fill mug. Stir. Put back in microwave and heat until hot. Stir in some vanilla extract (or peppermint is wonderful too) and enjoy!

2. Want to cut down on the stress of the holidays?

Check out this tip!

I have really been enjoying journaling with the [Listers Gotta List journaling prompts](#) (you should try it!). Well, one of the topics this month was to look back at the holiday season and make a list of things you would want to change. One of the things that I wrote down was that I would do more of my shopping throughout the year.

So, here is what I did. I decided to set myself a reminder on my calendar for the 3rd Friday of every month to add "Buy a Christmas Gift" to my shopping list that week. Guess what I did yesterday? I bought a couple gifts for my nieces. I am keeping a gift list in [Evernote](#), so when I got home I typed in what I got each of them, then put the gifts in a box where I will hold all the gifts until I am ready to begin wrapping them.

I am really excited about this and will have fun shopping for my family and friends throughout the year and be much less stressed come Christmas. You should give it a try!

3. Trying out a new App -- Hear Me Out!

I'm not sure yet if I will continue with this or not, but I found a neat little App this week called Hear Me Out. You can download it on iPhone or Android phones. With Hear Me Out I can record short 42 second audio clips on any topic I want. If you follow me, then you will get all my audio clips in your feed.

What I am thinking is that I will use this to record short homemaking tips, homeschool tips, THM tips, Bible verses, etc. [Here is the first tip I recorded](#) if you want to see what it is like!

If you want to check it out here is how to do it:

Go to the [Hear Me Out site](#) and download the App on your phone.

You can search for me as "Sheri Graham" on the Hear Me Out App.

Click "Follow" to follow me. That's it!

Again, I am just testing this out to see how it goes, so no promises how long I will keep at it. But it is always fun to try out new ways to communicate with you and encourage you!

4. We got our first Magic School Bus Science Club Kit!

I signed up to start receiving the [Magic School Bus Science Club Kits](#) this month and was so excited to the first kit this week!

There are 7 experiments that I am going to be doing with the kids. I glanced at them and they are going to be so much fun. I am thinking we will do 2 a week so we can spread it out over the month. I'll have to do a post sometime soon with pictures of our "experiments"!

5. What I am reading this week!

I have kind of been on a fiction kick lately and have really enjoyed the relaxing reading times. I know I need to get into some more meatier books and will do so this week. I promise!

This week I finished up [Daughter of Joy](#) and [Katie's Redemption](#). I loved both books.

I am still reading [Simply Tuesdays](#) slowly and savoring each chapter. It is so good! I am also about done with [Light of My Heart](#) (this is free now on Kindle!).

We've been reading [In Grandma's Attic](#) at breakfast and we are all really enjoying it!

[Click here](#) to see the links to other books I have read!

What are you reading this week?

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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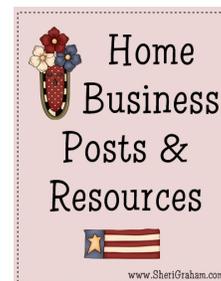
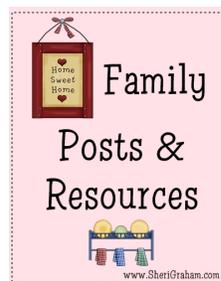
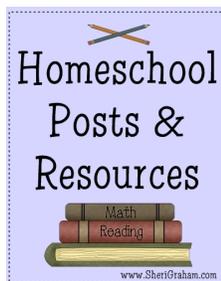


Start Exercising With These Free Exercise Videos!

Last week I shared the links to these videos in my newsletter. I am really loving these workouts and wanted to dedicate a post with them embedded so you can easily find them.

WATCH VIDEOS HERE!

Quick links just for YOU!



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