

# Intentional Inspirations

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July 25, 2015

Dear Friends,

Welcome to the first issue of my brand new newsletter, ***Intentional Inspirations*** that will go out each Saturday morning. I am so excited about this format and pray that it will be a huge blessing to you as you strive to be intentional each day. ([Go here](#) to read more about the Intentional Inspirations newsletter!)

Are you ready? Let's dig into this week's Inspirations!

## 1. Doing THM Without Stevia

This week I read a great post from Amy at Raising Arrows that shared [how she is doing Trim Healthy Mama without using Stevia](#). If you are struggling with using Stevia and need some alternatives, check out this post! Amy gives a full week's menu plan with tons of explanation and instructions! You can see all my THM recipes and posts [here](#)!

## 2. Need help getting motivated to use a To Do List?

I am learning so much by going through [Chalene Johnson's 30 Day Challenge](#). Having a To Do List has always been something I have tried to do. I have blogged about it [here](#) and [here](#). But Chalene shares a system to take it a step further and really work it to get things done. I am on Day 14 and I am already seeing a huge difference in my days!

## 3. How I am using the ToodleDo App for my To Do List.

Having my to do list on my phone has really helped keep me on track. I downloaded the [ToodleDo App](#), created folders called TODAY, THIS WEEK, and SOON that will hold all my to do items.

I also created a folder for my PUSH goal (one of my goals that I want to work hard to complete). I then entered any tasks that I could think of that needed done and entered them in the SOON folder. After that I went through those tasks and figured out which ones needed to be done this week.

Each night, then, I sit down before I go to bed and move tasks to the TODAY folder that need to be done the next day. I choose a couple of my PUSH goal tasks to include and mark them as top priority.

I have been using this method for a few days now and it is working really well. You may want to give it a try!

#### **4. Tons of free history videos to watch!**

Brookdale House has put together a [huge list of free history videos](#) that are categorized by time period. I took a quick look at it and it is amazing! All the videos are free to watch (mostly on Youtube) and would be a great addition to your history studies. We love [using videos in our homeschool](#) and am really excited myself about this great resource.

#### **5. Have you seen the new First5 App?**

Proverbs 31 Ministries just came out with [this neat app](#) that helps you begin your day in God's word! First5 helps you be intentional in giving God the "First5" minutes of each day. You can use the app as an alarm clock if you want and wake up to it each morning. The first study will begin July 27th and will cover the book of John. Can't wait! So go now and download the app so you are ready to start on Monday!

#### **6. Do you want to learn how to prepare fermented foods?**

Wardee from [Gnowfglins.com](#) is offering a [free Fermented Formulas Cheat Sheet](#)! I know fermented foods are great for gut health and most

of us could really benefit from that. I have a recipe for [fermented dill pickles](#) that I love. They are quick and easy to fix too!

## 7. Want to be an overcomer?

*"Who is it that overcomes the world except the one who believes that Jesus is the Son of God?" 1 John 5:5*

This was one of the verses I studied this week in my [Intentional Bible Study Journal](#). It made it clear to me again that I must be intentional about growing in my walk with God so that I can be an overcomer in this world.

We never know when hard times will come (as my close friend has been walking a difficult path recently losing her husband). But when those hard times come, I want to be strong in the Lord so that I can be an overcomer! How about you?

## 8. What I am reading this week!

I love to read and will be chatting here about some of the books I am enjoying. [Click here](#) to see all the books I am currently reading.

The kids and I have been enjoying reading a book about the Trapp family (what The Sound of Music movie is based on). There are a lot of differences between the book and the movie and it has been really interesting to read. It sure gives a lot of insight into what was going on in history during that time.

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I hope you have enjoyed this first 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)

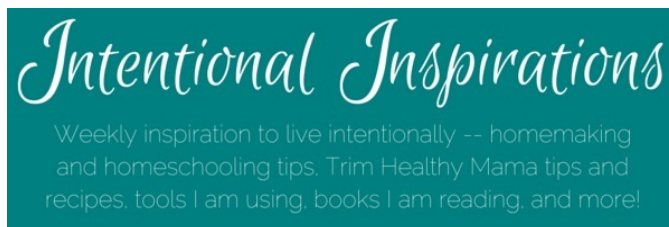
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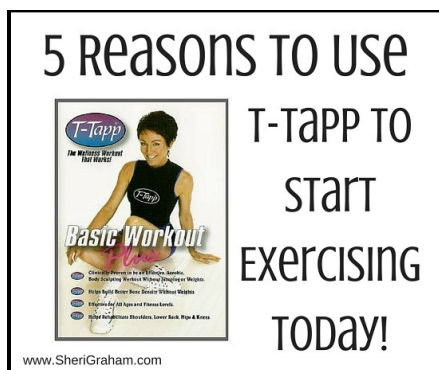
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## New on the Blog This Week



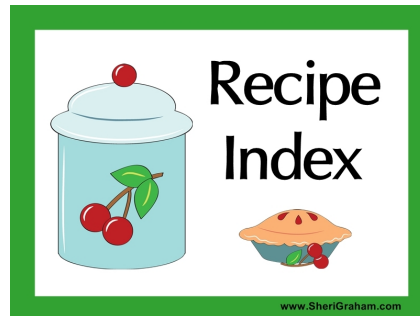
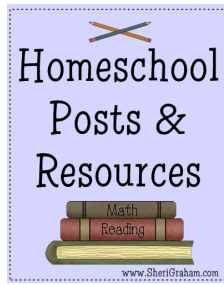
I announced my brand new newsletter! This post explains why I am making these changes.



The past two weeks I have been doing T-Tapp every week day and it is making a big difference! See why I love T-Tapp and why it takes away all the excuses.

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