

# Intentional Inspirations

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**January 9, 2016**

Dear Friend,

Well, we made it through the first full week of the New Year! Yeah! We started our homeschool this past Monday and even though it was hard to get back into our homeschool schedule, things went pretty well.

I thought I'd do something a little different this week and share some of the things that I am loving -- things that bring me joy and peace.

I pray that you find something here to bless and encourage you this week!

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

## **1. Need some new Trim Healthy Mama recipes to try?**

This past week I came across these posts with tons of THM recipes to choose from. I thought they were very well done and wanted to share them with you. Even some of my recipes are linked in these posts! Anyway...enjoy!

[30+ THM Crossover Recipes](#)

[50+ THM Fuel Pull Meals](#)

[65+ THM Snacks](#)

[35+ THM "E" Desserts](#)

[60+ THM "S" Desserts](#)

[55 Amazing THM "E" Meals](#)

[55 THM "S" Meals](#)

[55+ THM "E" Breakfasts](#)

[45+ THM "S" Breakfasts](#)

Did you make it through all of those? Be sure to [check out all of my Trim Healthy Mama recipes and posts here!](#)

## 2. Using Google Calendar in the New Year

I may do a video on this sometime, but I wanted to share how I am using [Google Calendar](#) to organize my life. In the past, I have used all kinds of planners and organizers -- from paper to digital. For years I used a paper planner ([my Intentional Planner](#)), but in the past couple years I have moved to more digital.

One of the main reasons I love digital is that I can access it from all my devices. That means that when I am out and about or at the doctor's office, I can pull up my calendar and see what my schedule looks like.

Another reason I love digital is that I can enter recurring items once and the item will be entered at the same date/time that I set it for. With paper, I was having to enter things multiple times as I moved them from yearly, to monthly, to weekly, then to daily lists.

Now today I wanted to touch on Google Calendar. I started using this for all my calendar needs a couple years ago and just recently moved my whole To Do list over as well. I was using a To Do type app on my phone, but found that it was too much work to have to look in multiple places to see what I needed to do that day. Now it is all in Google Calendar and I can just pull it up on my desktop, Kindle, or phone and see my schedule for the day.

How I organize my Google Calendar, is I created separate calendars for homeschool, menus, outside appointments, to do items, etc. Just recently I created the To Do calendar and began using Google Calendar to enter my to do items for the week. It works great for

recurring items (like laundry, garbage day, etc.), and is also very easy for me to add an item any time and assign it to a day.

If you haven't tried [Google Calendar](#), go check it out today! It may be just what you need to get yourself organized in the New Year!

### **3. I'm loving my new dishwasher!**

When we moved into this house about 8 years ago, a dishwasher was already installed and we weren't sure if it was new or not. But we quickly found out that it didn't do a very good job of washing the dishes. If we used the regular dishwashing soap in it, it left a terrible film on the dishes -- even using the Jet Dry did not help. I tried everything from different store-bought detergents to making my own, and nothing worked.

I eventually ended up using a tiny amount of a natural all-purpose liquid soap, but since it was not really meant for the dishwasher, did not have the scrubbing action of the regular detergent. That meant that every dish had to be scrubbed free of all food before going into the dishwasher. Ugh! But over the years I got used to it, even though it took a lot more time to get the dishes done.

Well, this year my husband decided that he was getting me a new dishwasher for Christmas. I was SO excited! I was a little apprehensive as to whether it would work better than the one we had, but my wonderful husband said, "Well, it can't be worse, right?" So he went shopping and found a good one and installed it over Christmas break.

Wow! I can't believe the difference! I can simply run some water over the dishes before putting them into the dishwasher (even leaving some food on), put glasses directly in the dishwasher, silverware just lightly rinsed...and it gets them clean! Dishes only take minutes now to do and I feel so blessed! Every night after I get the dishes done, I thank my husband again and again for the new dishwasher.

I know it may seem like a little thing, but this has given me much joy

these past few weeks!

#### 4. New exercise videos by Mashup

This past year I purchased the Ultimate Healthy Living Bundle when it was on sale, and one of the items in this bundle was a series of video workouts by [Mashup](#). These are high intensity workouts and are only 15 minutes long. They have some of their videos on Youtube:

[Metabolic Meltdown](#)

[Fast and Ferocious](#)

[Plateau Kicker](#)

[Agility and Strength](#)

[Mind/Body Workout](#)

[Energizer](#)

[5-Minute Fat Loss Workout for Busy Moms](#)

[Fat Burner](#)

If you are interested in more, [go to their website](#) for more details.

#### 5. Decluttering my Soul with Sally Clarkson

I love listening to Sally's podcast, and this last one was just excellent! If you are beginning this new year with a heavy heart, take some time to [listen in on this podcast](#). You will be blessed and encouraged!

Psst...You can now pre-order Sally's newest book, [The Lifegiving Home](#)! It will be shipping out on February 2nd! Yeah!

#### 6. What I am reading this week!

This week I finished up reading [Money-Making Mom](#) and [A Mighty Fortress](#).

Money-Making Mom was a great book and gave me lots of encouragement and tips for how to run my little home business. A Mighty Fortress is the first book in a series written by a homeschool graduate. I read book 3 in the series first, and decided to go back and read the whole series. They are just excellent and I can't wait to read the rest!

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

What are you reading this week?

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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**

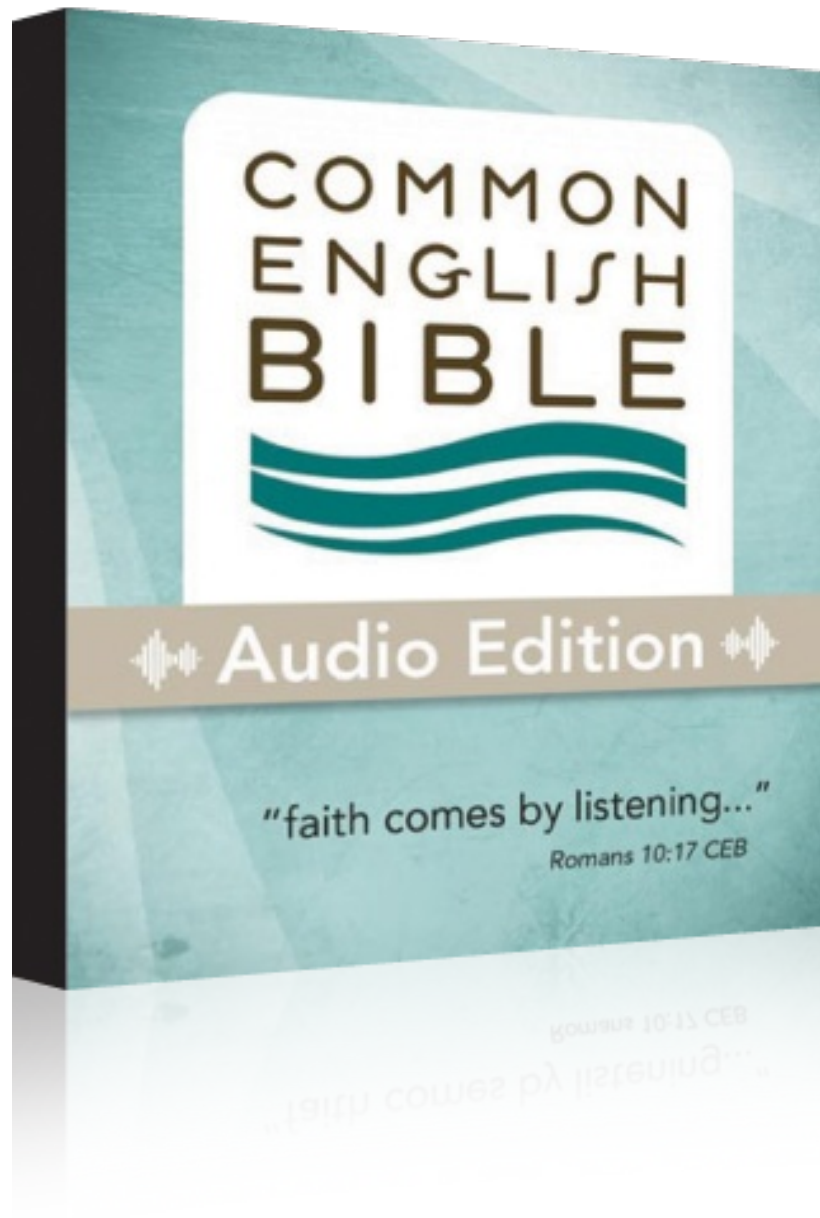
[Click here](#) to receive new blog posts in your email whenever a new post is published on my blog! (Note: You must be an existing newsletter subscriber to be added to this list!)



As I closed out the 2015 year, I took some time to look back over what I accomplished. I was shocked to see that I had read over 60 books in 2015! There were so many favorites that I had a hard time choosing. I was going to do a list of my top 10, but had to extend it to 15! Enjoy browsing through these — maybe you'll find a few you can add to your reading list this year!

[READ POST HERE](#)

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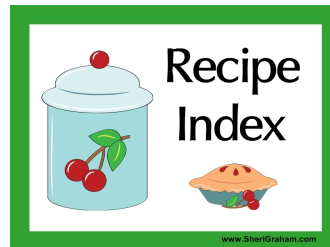
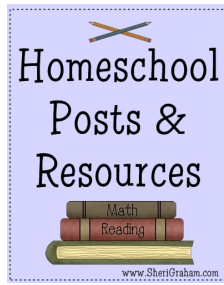


This month ChristianAudio.com is offering the Common English Bible as their free download!

[READ POST HERE](#)

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