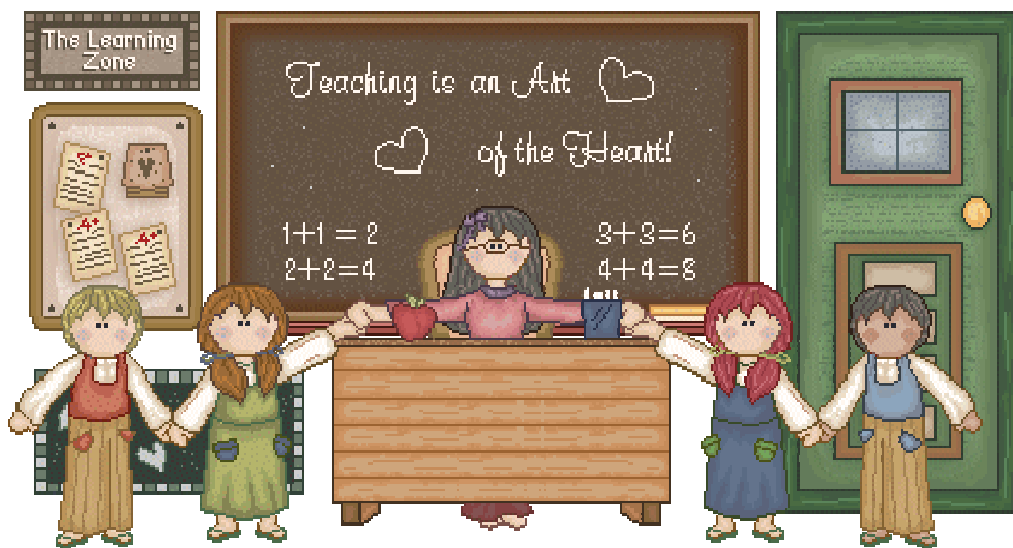


Let's Get Ready For the New School Year!

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz



Mom-to-Mom
June 20, 2006
With Cindy Rushton

Time To Retreat!



Yes! Retreat! I remember the day when I first found out that soldiers in the midst of battle retreat. Yes. Good soldiers, smack-dab in the middle of battle, raging battle, retreat. I know that some of you may be thinking exactly what I was thinking when I first heard that. Do WHAT? Yes, beloved, good soldiers do retreat in the MIDST of battle. They retreat for several reasons, but there are a few that tend to get my attention as I think of Homeschooling my children.

1. Rest
2. Strategize
3. Re-supply for the battle

In the next few pages, take some time aside to RETREAT! Take time to pull apart, hear from the Lord, and get ready to gear back up for another big year!



"Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to REST, [I will ease and relieve and refresh your souls.] Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find REST (relief and ease and refreshment and recreation and blessed quiet) for your souls. For my yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne."

Matthew 11: 28-30 (Amplified Bible)

Rest!



Rest... I know, I know...you are thinking of all that YOU have to do today. How can a busy mother retreat just to rest? Well, there is power in rest. We need to see that power. We need to experience that power. In real life battles, commanders KNOW the power in bringing their soldiers apart to rest. As a result, they assure that their soldiers retreat in order to get rest. In turn, they are strengthened and empowered for the battle that they must win.

We are no different. In fact, I would say that the battle we face is much more important than any other battle on earth. We are battling for the family. Our battle will make a difference for all of eternity. We battle for the hearts of those we love so dearly. Not so much for their hearts to merely turn toward US, but for their hearts to be tender to our Lord, Whom they come to know better through our encouragement and ministry to them.

We are going to get tired and weary along the way in that battle. We are hit from outside and inside. When the hits are new and fresh, it is easy to pick up the armor to block those shots. However, as the battle continues long and hard and our impact begins to be noticed by the enemy, the hits get harder to block and to withstand because the enemy knows that the only way to defeat us is to get us to quit. The best thing for us at that time is not continuing where we can be annihilated, but to retreat, to rest. Oh, I am not talking about sleeping. Quite to the contrary, I am talking about getting GOD'S REST! Rest for our weary soul. Rest that enables us to go back into battle as a formidable foe!

How about you? Are you in need of this rest?

Take a look at Matthew 11: 28-30...

"Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to REST, [I will ease and relieve and refresh your souls.] Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find REST (relief and ease and refreshment and recreation and blessed quiet) for your souls. For my yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne."

Matthew 11: 28-30 (Amplified Bible)

Want some of that rest?

Kick back for a bit! Take Christ's yoke! What do you think the word "yoke" really means?

The word *yoke* means *obligation or commitment*. Jesus Christ has an obligation or commitment to you in all of the areas of your life, especially Homeschooling! Isn't that such wonderful news? That means He has a vested interest in every single area of your life! He calls Himself the "Author" and "Finisher" (Completer) of the good work in your life. However, He does not commit or obligate Himself to complete or finish what He does not begin, commit, or obligate Himself to in the first place. We must join with Him for His yoke if we want guaranteed success!

What IS His Yoke? Go back to the passage above and write down the descriptions of Christ's yoke...

Go back through the passage above and write down descriptions that describe another yoke, that is not of Christ...

Now... Do a "yoke" check! How does your "yoke" compare?

If we want to really have a truly successful AND happy Homeschool, then we must take the yoke of Jesus Christ. We must become students of HIM, learning of Him. He is the

perfect Teacher. He lived His whole life doing the very thing that we are called to do... discipling. We can take this time to kick back a little bit and learn from the Master. We can take this time to learn of His methods, His ways, His approach and we will find rest for our weary souls. We can change our pace, so we can check out our "yoke." We can take this time to swap out all that is not Christ's yoke while grasping on to all that He wants for us!

Are there things that are burdening you as you journey in this Homeschool Journey? List below (REALLY!)

What can you do to "get rid" of those things that burden?

What can you "try" that might just "work" in your homeschool? Anything that you have been putting off? Scared of implementing?

Today is the best time to try a few ideas that you are not "sure" about. Maybe you are not too sure about trying something new like Nature Studies, Literature Based Learning, Notebooking, Unit Studies, Creating Books, or Read Alouds. This is the time to give them a try. Your schedule is different anyway. You may find that the ideas work so well that you want to use these approaches permanently.

Why not work in time to do those "extras" that never seem to get done. You probably have a huge list just like I do. List a few of those things now...

Now the time to plan those extras. Work them in now. How can you work these things into

your schedule on a regular basis? Jot your ideas down (you will need this information when doing your yearly planning!)

Whatever YOUR preference, take this time to rest. Take the time to kick back a bit. Have a little fun. Learn of Jesus Christ. As you gear back up, you will be ready to soar!



"The Lord is my strength and my shield;
my heart trusts in Him..."
Psalm 28:7

My Goals For This Year:



Spiritual Goals:

Academic Goals:

Financial Goals:

Physical Goals:

"And all your children shall be taught of the Lord
and great shall be the peace of your children."
Habakkuk 2: 2

My Personal Goals For This Month:



Discipleship Goals...

My Daily Bible Reading Goal For This Month... _____
How Much Do I Need To Read Each Day to Meet My Goal? _____
My Bible Study Goal For This Month... _____
My Bible Memory Goal For This Month... _____
My Prayer Goal For This Month... _____
My Devotional Reading Goal For This Month... _____
Ways That I Can Apply My Church Sermons This Month... _____

Ways That I Can I Worship God This Month... _____

My Family Goals...

Ways I Would Like To Make Memories This Month _____

Areas That Would Draw Us Closer This Month... _____

Daily Plan For Me and My Sweetheart To Pow-Wow... _____

Daily Plan To Draw Closer to Each Child... _____

Our Family's Greatest Prayer Needs This Month... _____

Ways We Can Minister To Others This Month: _____

How Did We Do Last Month...

"Ye shall seek Me, and find Me, when ye shall search for
Me with all your heart."
Jeremiah 29:13 KJV

Looking at This Year...



As you plan out this year, take a look at what is going on in your family.
What lies ahead this year?

Your Husband's Job?

Your Family Changes?

New Experiences?

Vacations...Trips...Extracurricular Involvements?



Yearly Planner...

Plan and list below fun topics for study throughout the year! It is so much easier to remember that a topic should be approached in advance than to wait until the last minute. Also, jot down any books, resources, or events that would be great to deepen your studies...

August

September

October

November

December

January

February

March

April

May

June

July



"May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord."
Psalm 19:14

Strategize!

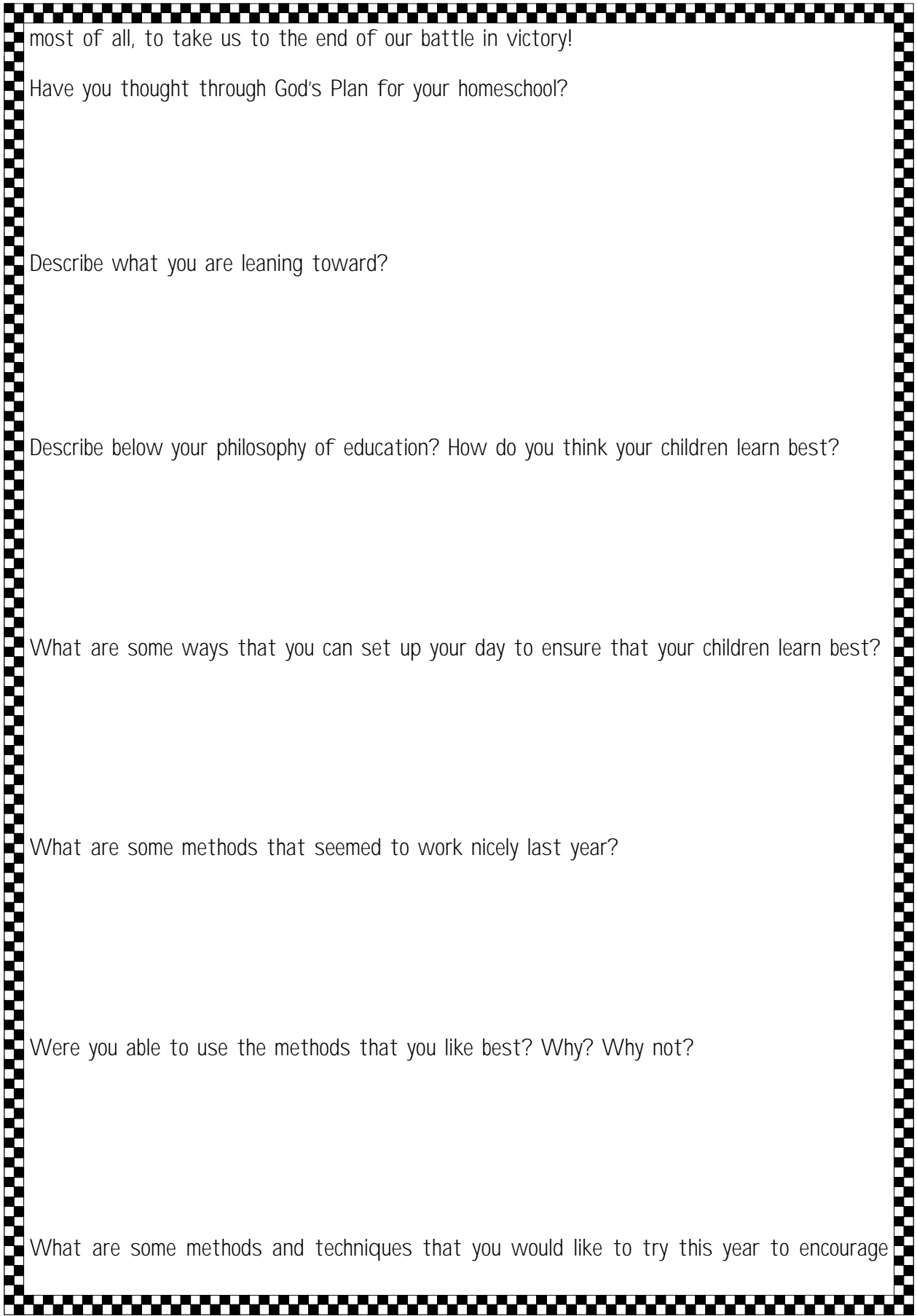


I am sure that you could have easily guessed this one. It makes perfect sense for the soldier in battle to step back, take a look at any new advances of the enemy, take a look at successful advances made on his own behalf (just in case they hit the enemy hard enough to become a continued tactic in the battle against that enemy), take a look at where they have come from and where they are going, and plan the next attack. Have you ever thought of the total necessity of pulling back to retreat so you may evaluate *your* strategy in Homeschooling?

Why do you think that this would be a vital part of homeschooling?

If there is one reason that we should all retreat, this is the most important. Without retreating, we will be less prepared than if we are on the "front-lines" all of the time. Why? Why do you think so?

We need to take time to refresh our minds on God's plan for our families. We need to pull back to let Him equip us for the battle by showing us options out there for the "attack" and which one is just perfect for us. Yes, He has a plan JUST FOR US. One just perfect for me, one just perfect for you. A plan that is promised to work, to be easy, and



most of all, to take us to the end of our battle in victory!

Have you thought through God's Plan for your homeschool?

Describe what you are leaning toward?

Describe below your philosophy of education? How do you think your children learn best?

What are some ways that you can set up your day to ensure that your children learn best?

What are some methods that seemed to work nicely last year?

Were you able to use the methods that you like best? Why? Why not?

What are some methods and techniques that you would like to try this year to encourage

your little ones?

How will you pull those ideas into your program this year?

Take this time to pull back and find God's strategy for you. Find His plan. He wants to fully prepare you for battle. Let Him show you His options, His plan of attack. Learn of Him (Matthew 11: 28-30). His ways are as old as time. They work. And, best news yet! They are EASY! Dig into God's Word for HIS how-to's that are JUST FOR YOU! He is a wonderful "taskmaster" as He is gentle, kind, and refreshing. He cares about all of the details, even the preciousness of our children that is so often forgotten by so many vying for our attention. He wants for us to have the very best education for our children, yet make the most of every moment with them. Pull back in the middle of your hot battle and try His way. You will find the retreat you need in order to give you an advantage in your battle that will guarantee victory for you!

More Thoughts...



"For the eyes of the Lord are over the righteous, and
His ears are open unto their prayers."
1 Peter 3:12 KJV

What are some things you plan to implement MORE of the things that could make EVERY day a *perfect* Homeschool day?



"Where your treasure is, there will your heart be also." Matthew 6: 21 KJV

Lesson Plans...

Theme: _____

Objectives:

1.

2.

3.

4.

5.

Books:

Field Trips:

Videos/Audios:

Games:

Projects:

Special Events:

Resources for this Study...

List below resources that you will need use for your study. List resources that you have and resources that you will need (and where to get them).

Resources on Hand...

Resources to Order...



"The Lord will indeed give what is good and our land will yield its harvest."
Psalm 85:12 NIV

Our Homeschool Group

Include all of your contact information about those in your local and state Homeschool group.

Name:

Address:

Home Phone:

Cell Phone;

Email:

Name:

Address:

Home Phone:

Cell Phone;

Email:

Name:

Address:

Home Phone:

Cell Phone;

Email:

Name:

Address:

Home Phone:

Cell Phone;

Email:

Name:

Address:

Home Phone:

Cell Phone;

Email:

Name:

Address:

Home Phone:

Cell Phone;

Email:

My Favorite Websites:

Include a list of your favorite websites you find all along the way. Jot a note to remind you whether it is just for resources or for articles.

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

Name of Site:

Link to Site:

What I Like From This Site:

User ID/Password:

My Daily Schedule...



"Education is an Atmosphere, a Discipline, a Life."
Charlotte Mason

Develop Your Own Plan for Easy Meals!

By Cindy Rushton

Excerpted from Homeschooling The Easy Way Magazine! Want more great ideas? Check out our FREE subscription by email!



I guess that everyone of us have at least one area in which we may find ourselves a bit "challenged" from time to time. Well, I guess that you should know that MY area is: **cooking!**

Humm...I am fine as long as I am ONLY cooking...but just add any other responsibilities and my brain begins to overload. From the very beginning of our homeschool adventure, this is an area that I have found myself battling with TIME the most. It has been either homeschool and eat junk food...or eat well and have "snack" style lessons! As you can imagine neither solution manages a home well!

What to do? What to do? Well, I recommend EASY meals as you homeschool the EASY way! Talk about looking well to the ways of our household! We CAN do it! But, how? Here are some quick tips:

♥ **Cook in bulk.** Actually I call my plan, "**Serve and Store.**" The first years of homeschooling I had a home business of sewing for the public. I would sew one day, cook one day. On the sewing days, we would have leftovers from my cooking day. In other words, I would cook and SERVE on one day...and sew and eat the food that we had STORED on the next day! It was a nice balance which enabled me to operate a

successful sewing business while homeschooling and homemaking! From this, I developed a habit of cooking in bulk that has continued till today. It is easy to just buy double ingredients...usually it is cheaper! I just double my recipes and freeze the extra dish. Yesterday, I had the "fruit" of my labors as we had Lasagna already prepared last week that only needed to be popped in the oven and served with our fresh bread. You can be prepared at all times for those dropping in if you freeze a variety of foods as you cook them! Bulk Cooking redeems the time so you can stay busy with the important things in life...relationships!

♥ **Make Your Own Freezer Meals.** Same concept, except go ahead and put together a full meal on a microwave dish and freeze for those quick moments that you may need a full meal, but not have time to prepare the whole thing. OH! This also works nice for families with special diets, picky eaters, or even for those wanting to prepare meals for shut-ins or others needing a touch of ministry.

♥ **Make Your Own Monthly Menu.** I have a very good friend that has THE BEST plan I have ever seen for planning out her

menus. She has ONE monthly menu that she has put together. Everyone knows exactly what to expect for each day of the week for the whole month. Can you imagine how much stress this alleviates in her life—not to mention, how she is building a legacy in her home. Her children KNOW what to expect. Plus, they can easily help Mommy get the meals together, because they know what she does for each meal! Yep! I have decided to simplify my own plans to make things a bit easier in our home too. Not only does this save our BRAIN, but it also makes things so much easier for shopping (only ONE shopping list—she prepared hers on her computer ONCE and now only goes through checking off what she needs!... and storage (She only stores what they are eating regularly—she can buy in bulk, but she is not buying anything that is not used each and every week!!!!). See our section and forms included for your very own Monthly Menu Planner. Of course, you can choose any system that works for you!

♥ **Don't forget EASY Meals!** Probably everyone can benefit from this! One thing that has helped me for those inevitable tight spots that I face almost on a daily basis—at least for one meal—was when I developed a list of our favorite EASY foods. I try to keep all of the basic ingredients needed for these “quick meals.” All I did to develop this was brainstorm through what we choose over and over again. Then, I grouped ours by mealtimes, although we LOVE eating a full breakfast with all of the goodies—biscuits, scrambled eggs with cheese, sausage, ham, bacon, honey—for occasional evening meals! After that, I made a list of what I needed to be sure to keep on hand. Then, I posted the list on

the refrigerator and kept a copy in my Meal Management Notebook. All we do now is look at the list, grab the ingredients and devour! EASY! Why not make your own list too? Here are a few of our favorites...

Breakfast:

Muffins (my favorites are in Sue Gregg's Cookbooks)

Smoothies! (we make ours full of fresh fruit, yogurt, and even a spoonful of flax seed—yummy AND nutritious!)

Bagel/Cream Cheese/Fruit
Cold Cereal (go Sam's!)

Hot Cereal—grits, oatmeal, cream of wheat! EASY!

Fruit and Yogurt! (LOVE strawberries and vanilla yogurt/blueberries and vanilla yogurt!)

French Toast (another goody that you can buy at Sam's and just warm up in the toaster!!!)

Breakfast Quiche (there are SO many great recipes in cookbooks and on the web!)

Breakfast Burritos!

Pancakes (Sue Gregg's Blender Batter Pancake Recipe is the BEST in the world!!!)

Southern Breakfast—Eggs, Biscuits, Breakfast meat...

Waffles! (Sue Gregg's waffle recipes are the BEST!)

Granola (LOVE homemade!)

Yogurt with Granola topping

Lunch...

Soup and Sandwich

Hot Dogs/Chips

Homemade Pizza (easy!)

Super salad! Mix in grilled chicken leftover from dinner!

Grilled Cheese/veggies and dip

Bagel Bites (pizza!—Go Sam's!)

Macaroni and Hamburger Quickie!

Tacos

Fruit Salad

Soup and crackers

Snacks...

Banana Bread
Smoothies
Yogurt with Fruit or
Granola Topping
Muffins
Cereal
Tuna and Crackers
Trail Mix
Homemade Granola
Applesauce
Sliced vegetables and Dip (we buy pre-sliced from
Sam's—easy and fast snack!)
Jello
Fruit slices (either by themselves or with fruit dip)
Cheese cubes and crackers

Dinner Meals:

Meatloaf, Mashed Potatoes or Macaroni, Salad,
Dinner Rolls
Spaghetti, Salad, Homemade French Bread
Lasagna, Salad, Homemade French Bread
Loaded Baked Potato

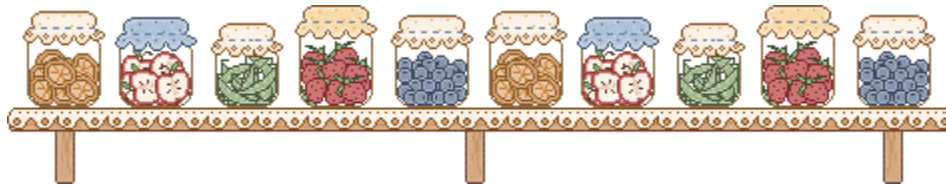
Make Your Own Taco Salad Bar
Make Your Own Nacho Salad Bar
Nachos with Cheese Dip (and a movie!)

Homemade Pizza
Chicken and Rice Casserole/Steamed Vegetables
Chicken Stew/Cornbread or Crackers/Sandwich
Chicken Noodle Soup/Crackers/Salad or Sandwich
Chicken Tortilla Soup with Mexican Cornbread
Grilled Chicken Breast, a variety of Vegetables on
hand, Rolls
Barbecue Grilled Chicken Breast, Baked Beans,
Potato Salad, Rolls

Easy???

What do you think? Easy? Yep, make it
easy! Choose whichever ideas will help you to
make EASY meals while leaving you time to
enjoy the journey! Not only will you enjoy
meal preparation much, much more, but you
will also have more time to enjoy all of little
things during your journey!

Have fun!
Cindy





Easy Breakfast Ideas...

Muffins (my favorites are in Sue Gregg's Cookbooks)

Smoothies! (we make ours full of fresh fruit, yogurt, and even a spoonful of flax seed—yummy AND nutritious!)

Bagel/Cream Cheese/Fruit

Cold Cereal (go Sam's!)

Hot Cereal—grits, oatmeal, cream of wheat! EASY!

Fruit and Yogurt! (LOVE strawberries and vanilla yogurt/blueberries and vanilla yogurt!)

French Toast (another goody that you can buy at Sam's and just warm up in the toaster!!!)

Breakfast Quiche (there are SO many great recipes in cookbooks and on the web!)

Breakfast Burritos!

Pancakes (Sue Gregg's Blender Batter Pancake Recipe is the BEST in the world!!)

Southern Breakfast—Eggs, Biscuits, Breakfast meat...

Waffles! (Sue Gregg's waffle recipes are the BEST!)

Granola (LOVE homemade!)

Yogurt with Granola topping





Easy Lunch Ideas...

Soup and Sandwich

Hot Dogs/Chips

Homemade Pizza (easy!)

Super salad! Mix in grilled chicken leftover from dinner!

Grilled Cheese/veggies and dip

Bagel Bites (pizza!—Go Sam's!)

Macaroni and Hamburger Quickie!

Tacos

Fruit Salad

Soup and crackers





Easy Snack Ideas...

Banana Bread

Smoothies

Yogurt with Fruit or

Granola Topping

Muffins

Cereal

Tuna and Crackers

Trail Mix

Homemade Granola

Applesauce

Sliced vegetables and Dip (we buy pre-sliced from Sam's—easy and fast snack!)

Jello

Fruit slices (either by themselves or with fruit dip)

Cheese cubes and crackers





Easy Dinner Ideas...

Meatloaf, Mashed Potatoes or Macaroni, Salad, Dinner Rolls

Spaghetti, Salad, Homemade French Bread

Lasagna, Salad, Homemade French Bread

Loaded Baked Potato

Make Your Own Taco Salad Bar

Make Your Own Nacho Salad Bar

Nachos with Cheese Dip (and a movie!)

Homemade Pizza

Chicken and Rice Casserole/Steamed Vegetables

Chicken Stew/Cornbread or Crackers/Sandwich

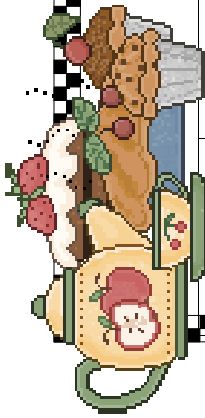
Chicken Noodle Soup/Crackers/Salad or Sandwich

Chicken Tortilla Soup with Mexican Cornbread

Grilled Chicken Breast, a variety of Vegetables on hand, Rolls

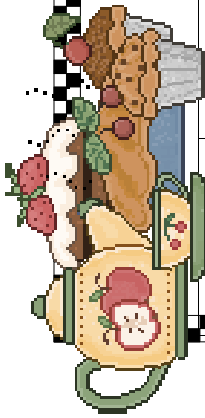
Barbecue Grilled Chicken Breast, Baked Beans, Potato Salad, Rolls





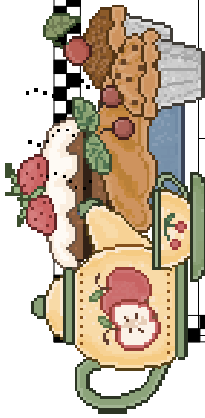
Monthly Breakfast Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



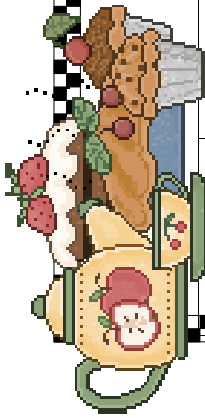
Monthly Lunch Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



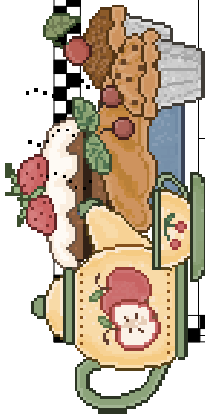
Monthly Dinner Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Monthly Snack Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Monthly Teatime Menu Planner...

Day of the Week	Week One	Week Two	Week Three	Week Four	Week Five
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Chore Time!

We have two forms that we have designed to help with this area! The first is our Chore Planner. Our Chore Planner works with our Chore Chart to make an easy system for dividing up family chores, helping your children know what needs to be done that THEY can do, and rewarding their diligence with little blessings along the way!

Instructions:

1. **Chore Planner...**First, copy one page for each family member. We like for ours to be printed on bright colored pieces of cardstock paper (one color for each child). Fill in the spaces to list chores that need to be completed by each family member. After we filled in our spaces, we laminated our copy and placed it on the refrigerator for easy reference.
2. **Chore Chart...**Copy one page for each family member. Again, we also copied ours on bright colored pieces of cardstock paper (one color for each child). Help each family member list their "wishes" on the form. At this point, we laminated our pages so they would be as durable as possible (we keep these on the refrigerator too!). Decide on how to check off the squares—we use cute stickers from the dollar store for each box. You could use a rubber stamp...an autograph...etc.
3. **Putting it all to work for you...**As each member faithfully completes each chore, check off each child's Chore Chart. We set the goal of a completed chart in exchange for their wishes! When they faithfully complete whole chart of tasks, we reward them with their blessing for their faithfulness.

Easy as A...B...C! Try it out for your family!

Have fun!
The Rushtons

My Chores...



Daily Chores...

1. _____
2. _____
3. _____
4. _____
5. _____

Weekly Chores...

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Monthly Chores...

1. _____
2. _____
3. _____
4. _____
5. _____

Seasonal Chores...

Household _____

Outside _____

Automotive _____

Extras... _____

My Chores...



My Wish...

Date Achieved!

Re-Supply for the Battle!



Re-supply for the battle. This one seems so obvious. Battles empty out our reserves very, very quickly. We obviously cannot battle without supplies. A soldier pulls back into a retreat at any time that supplies get low or when they are in need of new weapons for the battle.

We are no different as we carry on in our battle. We cannot go on day-in-and-day-out without a full (and overflowing) storehouse of joy, encouragement, and inspiration. I know that I even find myself in the middle of a busy morning using up all that I have on-hand (by breakfast at times!). My only option at that time is my mid-morning re-supply. Oh, get a picture of this warrior at that moment...prostrate on the floor in the bathroom (I know it is the scummiest place in my house, yet it has a LOCK on the door!)...crying out in repentance and complete neediness...not getting back up until the Lord has cleansed, renewed and refilled me. How much more do we need a special "retreat" now to re-supply for the battle?

It is at this time of year that we need time sitting at the feet of the Lord to re-supply for the battle. We need to re-fuel on joy, HIS joy. We need to re-fuel on encouragement. Do you find any better encouragement than HIS encouragement? We need re-supply on His Word, allowing Him to speak to our hearts, souls, and minds through His own special Word, just for us!

As we are strengthened to go back on the battlefield, we need to also update our "equipment" so we are prepared for advancement or any hits that the enemy may wage against us to push us back. As Homeschooling soldiers, we need to "update" for yet another big year. We need to re-supply. Look at the supplies that you have, look at the supplies that you need. Take a look at your schedule, your plans. Find what you need to get where you are going. Get rid of all that hinders (1 Timothy 2). Gear up for yet another big year!



Taking Care of Your Vessel...



Ok, getting REAL honest here! One of the keys to enduring is taking care of YOUR vessel. Whatever is INSIDE will pour forth outside.

What are some things that you are doing each day (in your schedule) JUST to take care of yourself? quiet time? Tea time? Reading? Exercise? Personal studies?

What are some personal interests that you have been putting off? How can you pursue some of those interests this year?

What are some achievements that YOU would like to work toward this year? How can you work time into your schedule to go for them this year?



"A heart at peace gives life to the body." Proverbs 14:30

My Favorite Websites:

Include a list of your favorite websites you find all along the way. Jot a note to remind you whether it is just for resources or for articles.

Name of Site:

Link to Site:

What I Like From This Site:

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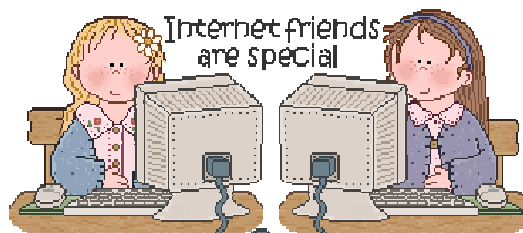
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