



## **Challenge Your Mind Pt. 1 and 2 (4/30- 5/1/20)**

- Link to [Bible Study Fellowship International](#)
- [Creative live](#)
- [Lynda.com](#)
- ['I feel bad about my neck'](#) by Nora Ephron
- [Online courses](#) by me and friends

## **Slay Your Day (5/6/20)**

- [Planner mentioned in live - Full Focus Planner by Michael Hyatt](#)
- [Book recommendation - Eat that Frog by Brian Tracy](#)
- [Plan to eat](#)

## **Fight the Fat Demon (05/13/20)**

- [Kim Fredrickson interview podcast](#)
- [#alitteQC link to bible discussion](#)

## **Doing What You Love (05/15/20)**

- [Battlefield of the Mind - Joyce Meyers](#)
- [Join Hopewriters](#)

## **Making Friends (05/18/20)**

- [Conversation with Tammy Franklin and friends](#)
- Interviews with Clarise as a single introvert
  - [Bravely Embracing Change](#)
  - [Living as a healthier You](#)
- [Apples of Gold](#)
- [Just Open The Door](#)
- For [hosting a podcast](#)
- Kathi Lipp [how to start a podcast course](#)
- [Software/platform](#) Chrystal uses for streaming
- Chrystal's [banana bread recipe](#)

## **Know When You Grow (05/22/20)**

- [How to Read a Book](#) by Mortimer Adler
- [20 ways to read through the Bible](#)
- [28 days of prayer book trailer video](#)
- [Better Together show on TBN](#)
- [Maker of the custom blanket](#) in Chrystal's office
- Homeschool: [My Father's World and Sonlight curriculum](#)