



References

Some of our favorite resources for living a balanced life.

<http://www.empower-yourself-with-color-psychology.com> What our colors mean

www.luannslensphotography.com for awesome photography

Focus

[www.evernote](http://www.evernote.com) to capture and save online stuff that I want to reference later. I can see my evernote files online from anywhere.

www.lynda.com for video training on how to do lots of stuff. Mostly how to use computer programs such as office, adobe creative suite but also to learn how to use your digital camera.

www.dropbox.com or <http://drive.google.com> for storing and sharing documents and photos. I use these when I am collaborating on a project. It makes it so easy to share.

Faith

www.tonyrobbins.com for motivation and encouragement

<http://www.oprah.com/oprahs-lifeclass/oprahs-lifeclass.html> is full of helpful advice

www.vitalaffirmations.com is a good source for affirmations for various life circumstances

www.momsinprayer.org Moms In Prayer

www.bsfinternational.org Bible Study Fellowship International

Freedom

http://www.brainyquote.com/quotes/topics/topic_freedom.html

Family

www.skype.com for keeping up with far away friends and family. It is free and works on your laptop.

www.apple.com FaceTime for the iPhone or iPad is also a great way to video chat with friends and family. Use it to video call clients all over the world.

Finances

www.daveramsey.com for great info on getting control of your finances.

www.kiplingers.com for the latest financial and tax related news.

www.emyth.com and the book The e-myth revisited by Michael Gerber. These are a must have for any new business owner or if you are thinking of starting a business.

www.carbonite.com is an easy to use online backup.

www.etsy.com to sell your craft projects

www.elance.com to sell your freelance services

Fitness

www.myfitnesspal.com for tracking my meals and my workouts each week. It has a reference library for caloric content of many brand name foods. Very handy if you are eating out.

www.beachbody.com P90X web app for ipad. I can take my workout anywhere.

www.beyonddiet.com by Isabel De Los Rios is a great source for diet and nutrition information. Her readers supply new recipes all the time. Isabel inspires me to cook healthy meals.

www.mayoclinic.com/health/water/NU00283 for info on water recommendations

www.ChooseMyPlate.gov for information on eating right, planning meals, nutrition, and setting and monitoring health goals

Fun

www.shutterfly.com for sharing photos. I also create photo gifts such as calendars and photo books and photo cards.

www.facebook.com for seeing what all my friends are up to.

www.travelocity.com for finding great prices on air, hotel and car travel.

www.vrbo.com for privately owned properties all over the world available for your family vacation.

www.OhFarkle.com for a Complete Farkle™ Instruction Video

<http://lifeasmom.com/2013/05/homemade-finger-paint.html> for a recipe

http://www.monkeysee.com/video_clips/1392-ballroom-dancing-how-to-foxtrot
Dance Instructor, Terry Dean demonstrates the Foxtrot

<https://en.wikipedia.org/wiki/Kite>; <http://kite.org/>; <http://www.wikihow.com/Make-a-Fast-Kite-with-One-Sheet-of-Paper> for a couple of websites about kites and how to make your own.