

INTENTIONAL HOMESCHOOL

JUMPSTART WORKBOOK

A 3-DAY PLAN TO FIND HOPE AND
RHYTHM AS YOU CALM THE CHAOS



Nancy Marie Peterson
Her Intentional Life



WELCOME!

If homeschooling feels overwhelming or a bit chaotic,
you're not alone.

You're not failing—you're simply in a heavy season.

The unfinished lessons, the meltdowns, the
exhaustion—it all adds up.

But you love your children too much to give up.

You just need a way to realign your heart and home
with peace and purpose again.

That's what this 3-Day Jumpstart is all about—helping
you take one intentional step each day toward calm,
clarity, and confidence.

♡ Nancy Marie Peterson



CHANGE IS COMING!

Each Day, You'll Spend:

- ✓ 5 Minutes Learning (video)
- ✓ 5 Minutes Doing (simple, real-life action)

Each step builds on the last, gently guiding you toward a homeschool rhythm that feels both peaceful and productive.

Commit to the Lord whatever you do, and He will establish your plans.
— Proverbs 16:3

DAY ONE

One Anchor to Ground Your Day

Today we begin by creating one small, steady rhythm—something that gathers your family and invites peace into the day. This is your anchor.

An anchor is not just a routine or a rigid system. It's a moment of connection that helps your family start from a place of peace rather than pressure.

Why an Anchor Matters

- It brings clarity: everyone knows what comes next.
- It creates connection: you start together instead of scattered.
- It offers calm: a moment to breathe before the day begins.

ANCHOR IDEAS

- Family prayer or devotional
- Morning song or worship
- Daily Verse or Poem
- Read aloud



My ONE Anchor for This Week:

In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly.— Psalm 5:3

DAY TWO

One Word to Focus Your Homeschool



One WORD

When the days feel heavy, one word can help you realign your heart. This word becomes your compass—it guides your tone, your choices, and your goals.



- Why am I homeschooling in this season?
- What do I want our home atmosphere to feel like?
- What is my biggest struggle?
- If there is one thing I want to master, it is....?

My ONE Word:

DAY THREE

One Simple System for Daily Work



When everyone knows what's expected, peace follows. This isn't about control—it's about clarity. Today you'll create a simple homeschool contract to help your kids take ownership of their day.

Download and print your Homeschool Contract Templates (playful and mature versions) to track assignments and chores.

[Get it HERE](#)



[Get it HERE](#)





NOTES

TAKE ACTION

- ☐ Establish ONE Anchor
- ☐ Create ONE Word
- ☐ Adopt ONE System

One Focused Shift
—Kept for ONE Week
—Can Change Everything.

If any of you lacks wisdom, let him ask God...” — James 1:5

A background illustration of a child's hands holding a book. The book is open, showing a page with various colorful icons like a house, a sun, a tree, and a flower. The child's hands are visible, and the book is held in a way that suggests reading or learning. The overall tone is warm and educational.

“

*LET US NOT GROW
WEARY IN DOING
GOOD, FOR IN DUE
SEASON WE WILL
REAP, IF WE DO NOT
GIVE UP. —
GALATIANS 6:9*

INTENTIONAL HOMESCHOOL

RESOURCES

Helping You Live Intentionally

INTENTIONAL FAMILY ECOURSE



GET IT HERE

INTENTIONAL YEAR ECOURSE



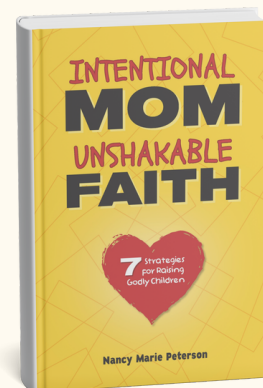
GET IT HERE

**COMING
SOON**

INTENTIONAL HOMESCHOOL



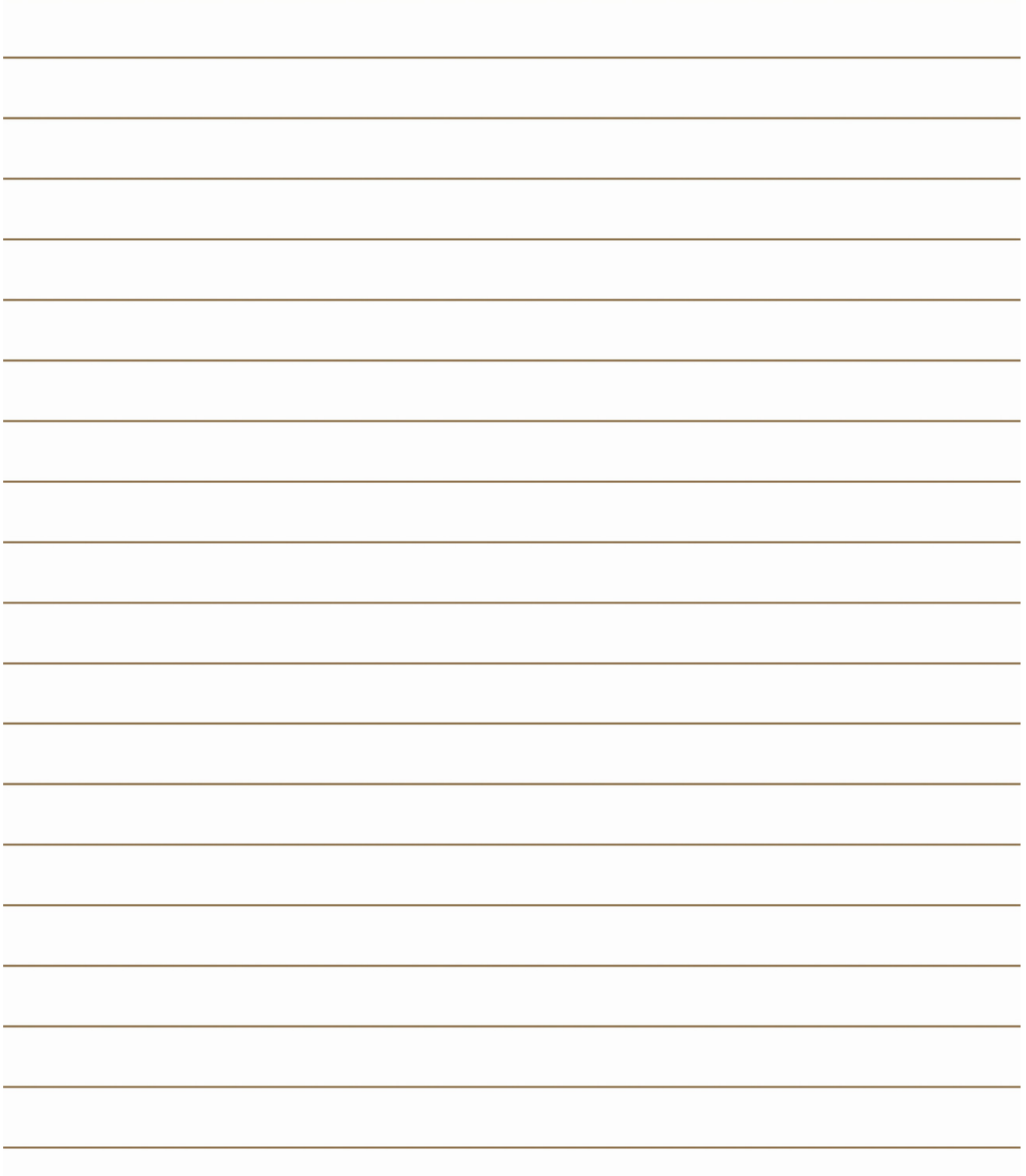
It's bigger than rules or even systems—it's about embracing a mindset of excellence and intentionality.



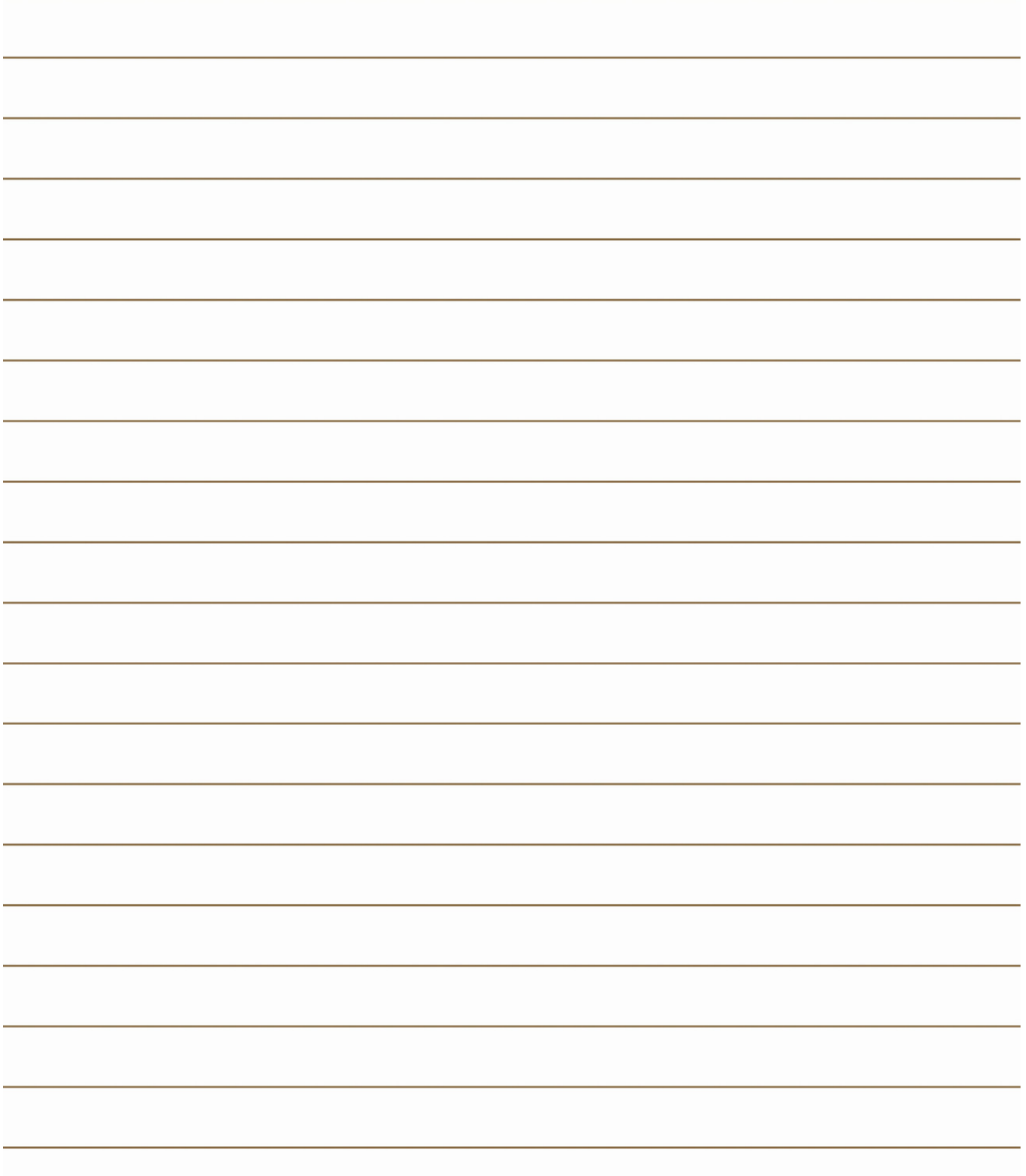
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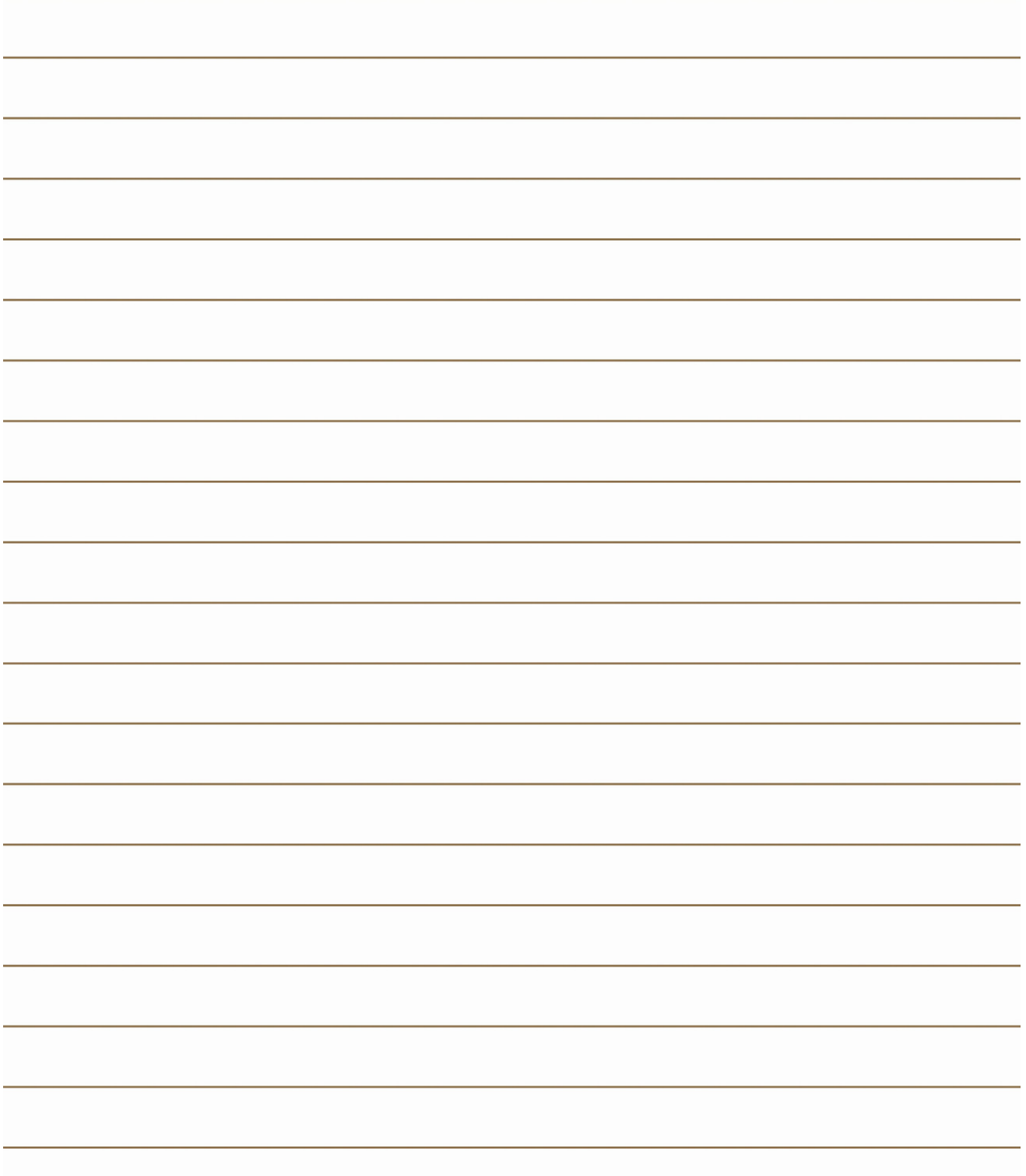
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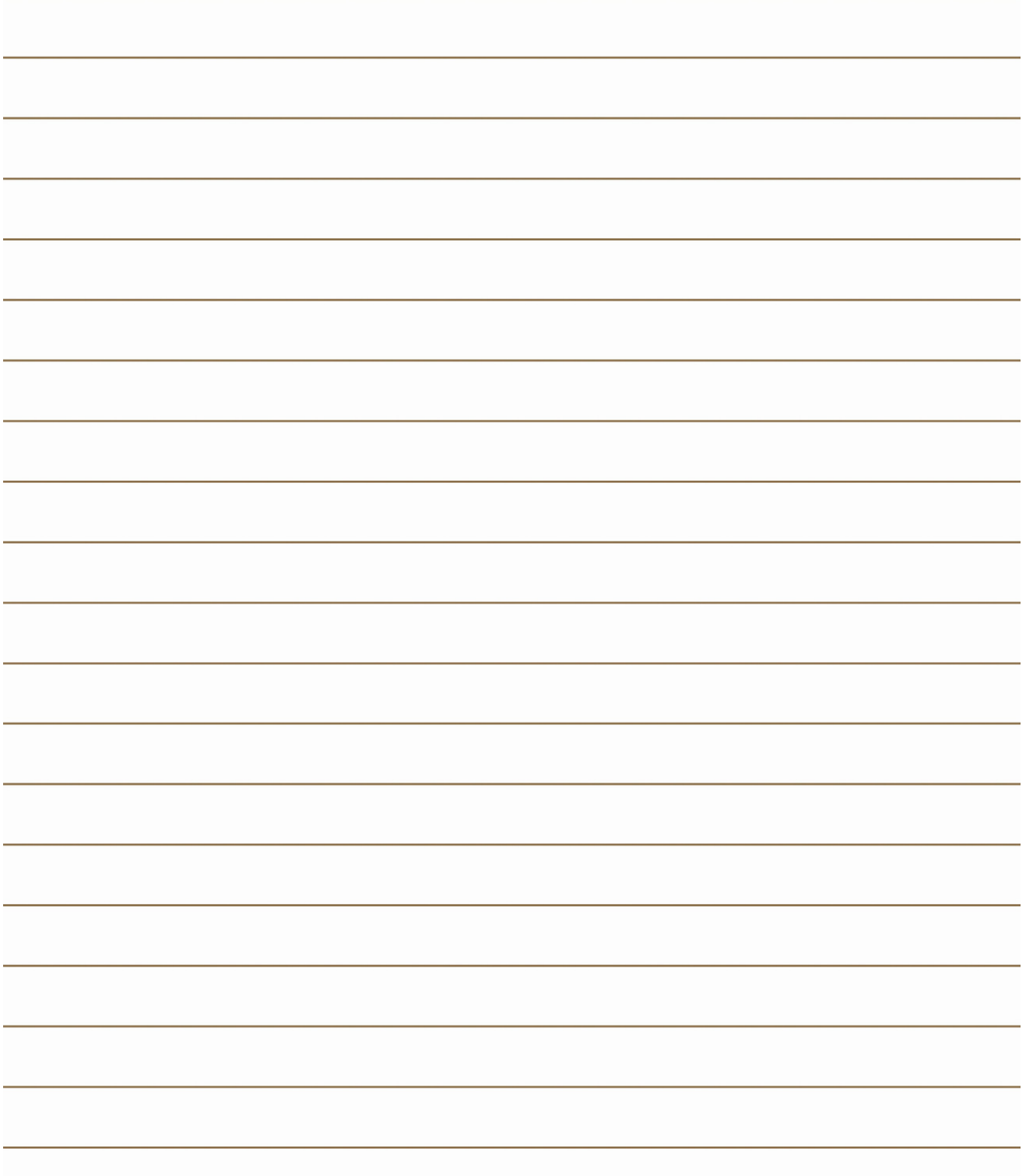
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HOMESCHOOL STRATEGIST

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HER INTENTIONAL LIFE

ABOUT THE AUTHOR

I'm Nancy Marie Peterson—wife, mom of six, Homeschool Strategist, and the heart behind Intentional Homeschool.

I'm passionate about helping moms move from overwhelm to intentional, faith-filled living. Not because I've done it perfectly, but because I've lived the chaos, burnout, and doubt... and I've watched God rebuild peace and purpose right in the middle of it.

Through simple rhythms, biblical encouragement, and practical tools, my mission is to help you create a home that reflects God's presence, God's priorities, and God's peace.

Every resource I create comes from my own messy, hopeful, Jesus-dependent journey of homeschooling, discipling my kids, and learning to walk intentionally—one sloppy step at a time.

Where Faith leads, Focus guides, and Families thrive.

—Nancy Marie Peterson



COMING SOON



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[Join the Waitlist](#)

