



The Focus word for June is STRENGTH
Week 23 May 31- June 6

A brand new month & a brand new word.

You guys, we are 6 months in! I want to take a moment to say "well done." Whether you have been doing this for 23 weeks, 2 weeks or this is your very first time, you are here and I just want to give you a high five.

DO NOT get down on yourself for not documenting every single week or even every month. If you "want to" but just haven't, let's make a fresh start TODAY. Pretend this is the very first day of the year and you are starting now. Make a commitment to yourself, to God, heck to me. I will be your accountability partner! If you need a little nudging through the week (without pressure) just email me your name and email address and put the word NUDGE in the subject line and I will "nudge you"

Part of my purpose is to "remind you of the things you already know, just forgot to remember."
With that said, I want to remind you of something VERY IMPORTANT:



YOU CAN NOT DO THINGS ON YOUR OWN
WITH YOUR OWN STRENGTH.
(Key word: strength)

Strength is a game changer, at least it was for me. Once I gave up trying to do it all on my own, EVERYTHING changed. Here is this week's verse, which happens to also be my "life verse:"

"I can do all things through Christ who
strengthens me" Phil. 4:13

I can do
all things
through Christ
who
strengthens
me"
Phil. 4:13