

# #60STRONG

Finishing 2018 strong – making each day count

## Objective

#60Strong stimulates holistic thinking and living by bringing awareness to the current state of the mind, body, soul and environment of an individual. By focusing on each of the listed areas, one can self-assess and plan with clear insight of where he/she is in the present and where he/she is going in the future with total consciousness of one's circumstances. Apply the strategies for each area to bring balance and harmony to the physical, emotional, spiritual and financial dimensions of life to create a better self, and in turn, a better world.

### ▪ FAITH

- Commit to fifteen minutes reading the Word and spending time in prayer
- Increase your prayers for the church, your family and future (Jeremiah 29:11, Mark 11:23-24)
- Being consistent in church attendance and participation; including joining Fresh Start via conference call or Facebook Live consistently
- Find an opportunity to show kindness to someone in need: feeding or supplying the homeless with life essentials, volunteer at a shelter or Soup Kitchen; get a friend to join in with you when you serve!
- Participate in the Soul Detox Fast: December 3-9, 2018
- Forgive.
- Witness to friends and family who haven't accepted Christ; invite them to church with you

### ▪ FINANCES

- Discover your credit score using [www.annualcreditreport.com](http://www.annualcreditreport.com)
- Evaluate your expenses, savings, accounts and investments for 2018; Develop a budget for 2019 with financial goals you wish to meet. (Proverbs 21:5)
- Commit to becoming a consistent tither (Malachi 3:9-10)
- Sow a seed into someone you honor, appreciate and love.
- Create an emergency fund by starting with a simple strategy of saving \$60 November and December / you'll have an extra \$120 by Jan 1 for your emergency fund OR pay off a bill.
- Pray for creativity that will activate an extra stream of income for 2019; make a plan for execution (Isaiah 48:17)

### ▪ FAMILY

- Plan a family meal and enjoy it with your family, creating new memories!
- Call a loved one that you haven't spoken with much this year.
- Go see a movie with your family!
- Let go of resentment. Resentment is toxic. If someone did you wrong, forgive them, find peace, and move on with your life. It's tough to be happy with your family when you have feelings of resentment brewing on the inside. (Colossians 3:13)

### ▪ FITNESS

- Exercise for at least a total of 3 hours a week (3 John 1:2)
- Drink fruit infused water to promote healthy digestion and weight loss
- Increase water, fruit and vegetables in your diet
- Schedule any last-minute doctor visits for a healthy start in 2019
- Schedule a massage before the new year.

Tune in to Fresh Start DAILY @ 6AM CST! Dial 1-712-775-8974 / Code: 848276

- **FUTURE**

- Create a vision for 2019: what would you like to accomplish in the first six months and how will you accomplish it?
- Get a calendar for 2019 and go ahead and mark dates that are important to you
- Decide where you would like to travel in 2019. Challenge yourself to go somewhere you've never been before!
- Get a passport.
- Knowledge is the passport into the future. Pick a book and read it before January 1. Write down everything that sticks out to you and speaks to your spirit in a journal. Share your discoveries with a friend.
- Use online tutorials to learn something new. (i.e., photoshop, excel, etc)
- Declutter your wardrobe before the new year and give them away.