

**5 Minutes on Faith
Finish Strong in 2024
Episode #149**

Monday, December 2, 2024

29-Day Motivational Journey

Day 1: Setting the Intention

Today marks the beginning of an intentional journey to finish 2024 strong.

Reflect on your initial goals for this year.

What did you set out to achieve?

What progress have you already made?

Recognize that it's not about perfection, but about making purposeful progress, not allowing ourselves to make excuses.

In the words of a great business coach I follow, Katarina Heyden, "Always remind yourself that **DONE IS BETTER THAN PERFECT!**"

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

"Commit to the Lord whatever you do, and he will establish your plans." - Proverbs 16:3

"No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead," Philippians 3:13

Each of our individual commitment starts now.