

### **Volume 13, Issue 05: Fresh Fire**

There's always room for improvement in life, no matter how good one is at something. Stumbling into a new idea or a new app for tracking your habits can just be the trigger for setting the stage for improvement. Thanks to a habits App I found and downloaded on my phone a few days ago, I am excited to raise my game in all my habits this year.

Any new year should not be treated as business as usual. Even if there's no need to introduce new things, there has to be new tweaks, or new methods of doing the things you are already doing that can bring improvement to your life.

This early in the year is a good time to be on the lookout for new ideas, new methods, and new tweaks to your habits and routines. I have found this to bring new excitement and determination to go after my goals. It's the fresh fire that I didn't even know I needed.

For His Glory,

Lillian Chebosi