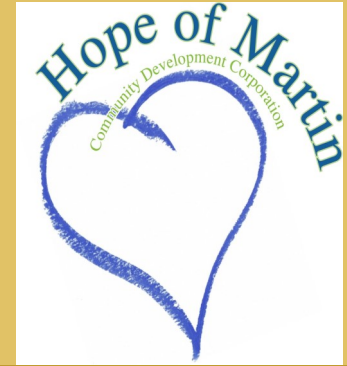


**Office Hours-Monday-Friday
8:00AM-2:00PM**

**Union City emergency number
731-446-9618**

**Martin emergency number 731-
588-5561**



Goal Setting / Where Do You Want To Be In Your Life

VOLUME 6 ISSUE 1

Have you ever thought about where you want to be in your life? And if so how are you planning on getting there. It must start with setting those goals. The more important that the end result is for you, the more likely that you will get there. This is something that you want to accomplish in your life, perhaps it is something that you want or maybe someone that you want to help. The first thing that you will want to do is set that first goal, then keep yourself accountable for it. Focus on where you want to be. Don't focus on your problems. All that matters is the act of taking action.

You always want to keep moving forward, not backwards. Your brain is focused on the path of least resistance, it will challenge change. You are going to need to program it to do things differently. So keep focused on that end result all the time, then you will see things on the path to your success. The answers will show up.

Now that you know what you want, you need to get ready, don't let fear stop you from getting where you want to be in your life, "Your goals!" If it is fear that is stopping you, then you need to identify this and overcome it. Your goals are just something that you have to work on, something that you have to do.

A team member wrote, this is what I'm "gonna do" for a living to support my family. This is what I love to do and there is nothing that will stop me from success, nothing could make me quit, I'm dedicated 100%, the words I Can't or I Won't don't exist in my vocabulary. I have a 2 year old daughter named Peyton and she is my whole world. Personal Growth/Self Development are my passion and my purpose. I love to help other people to realize who they are, to find themselves and what they really want in life and out of life, then show them there is nothing that's impossible if they only just believe.

A clear set goal and you are on your way to getting where you want to be in your life. Always keep focused on the end result and take the right actions to get you there. Start believing in yourself, you and you alone are responsible for what you do with your life. And setting those goals is the first step.

By: Chery Schmidt

Crock Pot Ham and Bean Soup

| | |
|--------------------------------------|---|
| 1 Pkg. Hurst's HamBeans 15 Bean Soup | 1 teaspoon chili powder |
| 8 Cups Chicken Broth | 1 15oz can diced tomatoes |
| Ham hocks or diced ham | 1 Lemon, juiced |
| 1 onion, diced | Optional: Hot sauce or crushed red pepper |
| 1 clove minced garlic | to taste |

HOPE OF MARTIN

PO BOX 354

327 N. McCombs Street

Martin, Tennessee

38237

RECIPE CONTINUED

1. Rinse beans and drain. Sort any unwanted debris and set seasoning packet aside.
2. Place bean, onions, ham , broth, garlic and chili powder in a 6 quart slow cooker.
3. Cook on high 5 hours or low for 7-8 hours or until beans are tender.
4. Stir in diced tomatoes, ham flavor packet, and lemon juice
5. Cook for additional 30 minutes
6. Serve with cornbread.

PLEASE REMEMBER WINTER IS HERE AND KEEP YOUR TEMPERATURE IN YOUR APARTMENT SET SO THAT YOU DON'T HAVE FROZEN PIPES. ALSO LEAVE YOUR HOT AND COLD WATER DRIPPING IN THE KITCHEN AND BATHROOMS WITH THE CABINET DOORS OPEN IN EXTREME COLD WEATHER.