

VOICE OF HOPE

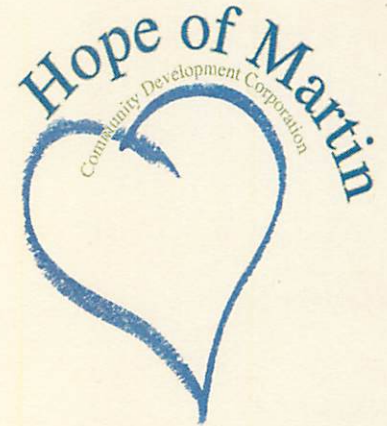
JANUARY

JANUARY 2022

Office Hours-Monday-Thursday 8:00AM-1:00PM
Wednesday 8:00-12:00

Union City emergency number 731-446-9618

Martin emergency number 731-588-5561



Rent is due on the 1st day of the month and there is a \$25.00 late fee after the 5th day of the month.

REMINDER November 1, 2021: Late rent fee and eviction moratoriums ended.

7 Steps To Setting Great Intentions

- 1. Decide what it is you want*
- 2. Articulate your intention carefully*
- 3. State it and set it, write it*
- 4. Let go of all the expectations (what others may think)*
- 5. Hold that feel good space and let things fall into place*
- 6. Have fun-take an adventure-live*
- 7. Build daily intention, setting habit*

HOME WORKOUT MOTIVATION?

- Use a workout video
- Find a suitable space
- Change things up
- Prepare
- Plan and set goals
- Keep yourself accountable
- Get equipment
- Track your progress

HOPE OF MARTIN

PO BOX 354

327 N. McCombs Street

Martin, Tennessee

38237

We will be closed next Monday for Martin Luther King Jr. Day

January 17th, 2022

5 morning affirmations

I feel strong and healthy today

I am content and happy with my life

I have all I need for today to be a great day

I am able to make smart decisions for myself today

I have it within me to solve any challenges that may come up today