

# HUB



HOPE UNIVERSITY BULLETIN

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Serving Roslyn, Ellensburg, Cle Elum & Kittitas

## Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

## Did You Know?

### OUR NORTHSTAR EMPOWERMENT PROGRAM WANTS YOU!

NorthStar Empowerment Center, a branch of Hope University, provides a program for individuals seeking to further grow their positive work behaviors and enhance their value as an employee. Upon successful completion of the program, participants will receive a certificate of completion and the opportunity to *utilize HopeSource as a valued reference!* Call Emily at HopeSource to learn more!

## April Events!

### WOMEN'S CLOTHING SWAP

Swap your gently used clothing, purses and shoes; you'll be able to take home as many items as you bring! We'll enjoy light refreshments as we shop. Noon-day Collection will also present a trunk show of gorgeous accessories that benefit women in the third world. This event is totally free, so bring your friends and join us for a girls' night out! April 15th from 6:30-8:30 @ Ellensburg Foursquare Church.

### PRINCESS & PASTRIES AND HEROES & HOT COCOA

Enjoy pastries and hot cocoa, meet princesses and heroes, get your face painted and more! Free family event at the Ellensburg Public Library North Lawn on April 17th from 1-5pm.

### FREE DOCUMENT SHRED & PRESCRIPTION DRUG TAKE BACK DAY

Safely dispose of old medications and protect your ID by safely shredding old documents. Hosted by RSVP and Volunteer Center and the Kittitas County Sheriff's Office. Event held Saturday, April 23rd from 9am-1pm @ the CWU 0-5 parking lot; 1211 D Street. Questions, call (509) 962-4311.

IF YOU ARE  
PERSISTENT  
YOU WILL GET IT  
IF YOU ARE  
CONSISTENT  
YOU WILL KEEP IT

## We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

# HOPE FOR YOU



## Inspiring Words of Hope & Encouragement

Master storyteller and life coach Andy Andrews has fast-forwarded the concept of success and what it takes to make it stick. Seeking out what separated the ordinary life from the extraordinary, Andrews has spent much of his life dissecting countless biographies and spending time with some of the most successful people on the planet, all in an effort to understand the principals that propel them toward greatness. The result: seven principals that when applied consistently render remarkable lives. These principles offer tools necessary to make lasting changes in your life. What was once labeled “impossible”, actualizes. Opportunities that once eluded you are now attracted to you. Dysfunctional relationships transform into harmonious ones. Life, which was once a struggle, now becomes an exciting adventure! Read what Andy Andrews has to share about the principal of persistence from his book, *The Seven Decisions*:

### **I WILL PERSIST WITHOUT EXCEPTION.**

“I possess the greatest power ever bestowed upon mankind, the power of choice. Today I choose to persist without exception. No longer will I live in a dimension of distraction, my focus blown like a leaf on a blustery day. I know the outcome I desire. I hold fast to my dreams. I stay the course. I do not quit.

*I will persist without exception. I will continue despite exhaustion.*

I acknowledge the fact that most people quit when exhaustion sets in. I am not 'most people'. I am stronger than most people. Average people accept exhaustion as a matter of course. I do not. Average people compare themselves with other people. That is why they are average. I compare myself to my potential. I am not average. I see exhaustion as a precursor to victory.

*I will persist without exception. I focus on results.*

To achieve the results I desire, it is not even necessary that I enjoy the process. It is only important that I continue the process with my eyes on the outcome. An athlete does not enjoy the pain of training; an athlete enjoys the results of having trained. A young falcon is pushed from the nest, afraid and tumbling from the cliff. The pain of learning to fly cannot be an enjoyable experience, but the anguish of learning to fly is quickly forgotten as the falcon soars to the heavens.”

I challenge you to make persistence a decision for your life. A daily choice. Whether it be with your pursuit of employment, reaching financial goals or building relationships, persisting without exception will yield the outcome you desire. *EH*