

HUB



HOPE UNIVERSITY BULLETIN

September 2016 Volume 4 Issue 9

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

Did You Know?

IT'S TIME FOR ENERGY ASSISTANCE EARLY SIGN UPS!

Are you having a hard time paying your utility and/or energy bills this year? The HopeSource Energy Assistance program can help assist you financially with the costs of electric, gas, oil, propane, wood and wood pellet bills if you are eligible. You can be placed on a priority list for energy assistance if you are 1) over the age of 60, 2) disabled, or 3) have children age 5 and under. Sign ups start September 6th at 9 AM at outreach events or HopeSource offices.

Here is a list of our outreach events:

- **Cle Elum HopeSource Office** September 6th, 9AM to 4PM
110 Pennsylvania Ave., Cle Elum
- **Briarwood Commons** September 7th, 2:30 to 4:00 PM
1001 S. Chestnut St., Ellensburg
- **Crestview Terrace Office** September 9th, 9 AM to 12 PM
2101 N. Alder St., Ellensburg
- **Ellensburg Adult Activity Center** September 14th, 10 AM to 12 PM
506 S. Pine St., Ellensburg



September Events!

KITTITAS COUNTY FAIR

Have you heard about the Super 1 Lunch Day? Purchase a \$5.00 gate ticket for the fair at **Super 1 Grocery Store** for admission on **Thursday, September 1st**. Enjoy a free hotdog lunch at the fair from 12-2 just past the Admission Gate with proof of your Super 1 ticket purchase. Fair opens at 10am.

BUSKERS IN THE BURG

Buskers are street performers, and come Friday & Saturday, September 23rd and 24th the streets will be the stage for over 25 solo acts and groups. Friday 5:30-7:30 PM at local wine bars, breweries, and restaurants. On Saturday, 10 AM at the Farmer's Market the Puppet Parade will begin. Buskers will then perform throughout the day from 11AM-3PM with an evening concert at 7PM at the Rotary Pavilion featuring the day's top buskers and a special guest!

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

Brain Hack for Setting Goals

that feels like you'll never actually roll up your sleeves and do the work to achieve it? You're not alone. Life can get in the way of setting and achieving personal goals, even if we set a goal that is intended to make our life easier, (for example: waking up early or meal-planning for the week).

ACCORDING TO HARVARD BUSINESS REVIEW, our brains are programmed to put off tasks, but just because our brains are "programmed" against our favor in achieving goals, doesn't mean we can't do something about it. Here are some tips to help you **set, follow through, and achieve your goals** (while shaking the procrastination bug off your shoulder).

1. **FIND AN ACCOUNTABILITY PARTNER.** Whether it's your spouse, a friend, or all of social media, studies have found that social pressure motivates people to achieve their goals.
2. **START SMALL.** If you have a large goal, try breaking it down into small, achievable steps that will allow you to make small successes each and everyday. For example, if I want to plan out and cook all of my family's meals for the week, maybe I can start by researching recipes for 15 minutes a day the week before.
3. **THINK OF THE CONSEQUENCES OF PROCRASTINATING.** For some people, contemplating the negative consequences of not achieving a goal can be a great motivator.
4. **TRUST YOURSELF.** Practice self-awareness and think intentionally about what has stopped you from achieving a goal (even if it's yourself). After you've analyzed the problem, trust yourself to put your best foot forward, and trust in the reward of success.
5. **REWARD YOURSELF.** Even the little things. You will be more likely to follow through with future goals if you treat yourself when you achieve them.

