

# A NEW SEASON

*Eternal Gems Youth Newsletter*



## SETTING GOALS

*By Magdaline Obenofunde*

Hi Readers,  
Happy New Years!



I hope this year brings you all the love and positivity.

We have approached a new season in our lives and in order to navigate through this we must try and set ourselves on the straight path.

Goal setting gives you the chance to experience the power of your imagination. Think about it. Imagination builds cities. Imagination conquers disease. Imagination develops careers. Imagination sets up relationships. Imagination is where all tangible values and intangible values begin. So what you've got to learn to do is use this powerful resource. Having goals for things we want to do and working towards them is an important part of being human. The path towards our goals may not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life good. It gives us a sense of meaning and purpose, points us in the direction we want to go and gets us interested and engaged, all of which are good for our overall happiness.

You've got dreams to achieve, but where do you start?

**Decide.** Think of something you want to do or work towards. It doesn't matter what, as long as it's something you want to do - ideally something you're interested in or feel excited about.

**Write it down.** Writing down our goals increases our chances of sticking with them. Write down how you will know that you have reached your goals and when you'd like to have achieved it by. Ask yourself: what it will 'look' like and how will you feel when you've done it?

**Tell someone.** Telling someone we know about our goals also seems to increase the likelihood that we will stick at them.

**Break your goal down.** This is especially important for big goals. Think about the smaller goals that are steps on the way to achieving your bigger goal.. Sometimes our big goals are a bit vague, like 'I want to be healthier'. Breaking these down helps us be more specific

**Plan your first step.** An ancient Chinese proverb says that the journey of 1000 miles starts with one step. Even if your goal is to walk 1000 miles, thinking about the first step on the way will really help to get you started.

**Celebrate.** When you reach your goal take time to enjoy it and thank those who have helped you. Think about what you enjoyed and learned along the way. Now, what is your next goal or project going to be?

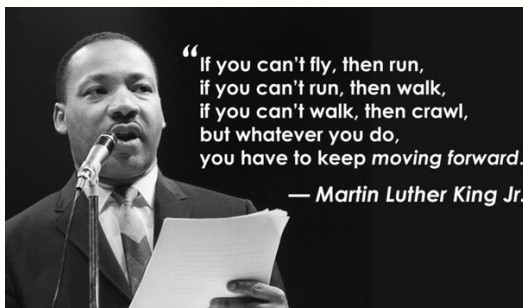
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# EGG AND CHEESE HASH BROWNS WAFFLES



## INGREDIENTS

- 1 20-OUNCE PACKAGE SIMPLY POTATOES SHREDDED HASH BROWNS
- 3 EGGS
- 1/4 CUP MILK
- 1 CUP SHREDDED SHARP CHEDDAR CHEESE
- 1/4 CUP FRESH CHOPPED CHIVES PLUS SOME FOR GARNISHING
- SALT & PEPPER
- SOUR CREAM FOR SERVING, IF DESIRED

## DIRECTIONS

HEAT WAFFLE IRON ON THE MEDIUM-HIGH SETTING. SPRAY EACH SIDE GENEROUSLY WITH NON-STICK COOKING SPRAY OR BRUSH WITH MELTED BUTTER.

IN A MEDIUM-SIZED MIXING BOWL, WHISK TOGETHER EGGS AND MILK. STIR IN POTATOES, CHEESE, CHIVES AND SEASON WITH 1/2 TEASPOON SALT AND 1/4 TEASPOON PEPPER.

DEPENDING ON THE SIZE OF YOUR WAFFLE IRON, SCOOP A LAYER OF THE POTATO MIXTURE ONTO THE SURFACE (FOR THE ROUND WAFFLE MAKER, I USED ABOUT 1 CUP OF THE MIXTURE). SPREAD TO ABOUT 1/2 INCH FROM THE EDGES AND CLOSE THE WAFFLE IRON. COOK FOR ABOUT 5 MINUTES, CHECKING EVERY FEW MINUTES TO AVOID BURNING. WHEN THE ENTIRE WAFFLE IS GOLDEN BROWN IN COLOR, CAREFULLY REMOVE FROM THE WAFFLE IRON WITH A FORK OR TONGS.

\*TIP: TURN YOUR OVEN TO THE "WARM" FUNCTION AND PLACE FINISHED WAFFLES ON A BAKING SHEET IN THE OVEN TO KEEP WARM WHICH THE REST ARE COOKING.

## RIDDLE TIME

Riddle: What has a neck but no head?

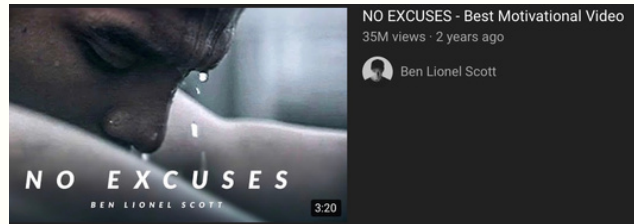
Solution: A bottle.

Riddle: What has a neck but no head?

Solution: A bottle.

Riddle: If a brother, his sister, and their dog weren't under an umbrella, why didn't they get wet?

Solution: It wasn't raining.



## BOOK OF THE WEEK

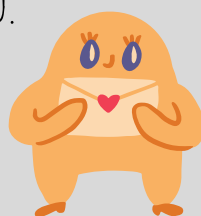


Raina just wants to be a normal sixth grader. But one night after Girl Scouts she trips and falls, severely injuring her two front teeth, and what follows is a long and frustrating journey with on-again, off-again braces, surgery, embarrassing headgear, and even a retainer with fake teeth attached. And on top of all that, there's still more to deal with: a major earthquake, boy confusion, and friends who turn out to be not so friendly. This coming-of-age true story is sure to resonate with anyone who has ever been in middle school, and especially those who have ever had a bit of their own dental drama.

"MAY HE GIVE YOU THE DESIRE OF YOUR HEART AND MAKE ALL YOUR PLANS SUCCEED."

NEW INTERNATIONAL VERSION

PSALM 20:4



PUT YOUR TRUST IN GOD, AND HE WILL GRANT ALL YOU WILL EVER NEED AND MORE. HE WILL BE WITH YOU THROUGH THE GOOD AND TOUGH TIMES. HIS GOAL IS TO ENSURE THAT YOU HAPPY AND HE WILL ACHIEVE THAT THROUGH HIS LOVE. HE WILL HELP YOU SUCCEED.