

GOOD NEWS SUNDAY FAIRFIELD

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54th edition – January 16, 2022



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This is our 54th edition, bringing you good news, inspiring stories, and useful information.

This is the second part of suggestions of things to put on your new year's resolution.

Patience

Patience is important because you need to learn that not everything will happen when you want it. You are less stressed when you have patience because you wait. Everyone should practice patience.

Writing a note

Write a note to a family member to tell them you miss them. Or write a letter to a lonely elderly or veteran. You could also write an e-mail or post a message on a Social Media platform. Writing even a small note to someone is meaningful.

Listen

Being a good listener is something we should all try. Instead of always talking about yourself, be a good listener. Listen to others stories. To be a good listener, ask questions, relate (if you can), have empathy, and have eye contact. If you ask questions the person thinks you are interested and want to learn more. If you relate then say so because they will feel like you have a connection with the story and understand them. Having empathy means understanding them and their story, which will also be like having a connection to the story. Having eye contact is important because it shows you are focusing on what they are saying and that you are listening.

Volunteer

Volunteering is a great way to start of a new year. It is also a great way to serve the community. On Monday it is Martin Luther King Day and it is a great day to start volunteering. Volunteer Match helps you find the right volunteering opportunity for you. All you have to do is just chose the distance then it gives you a list of chances to volunteer you can choose from. To learn more, go to <https://www.volunteermatch.org/>

Financial Literacy

This is the fifth edition in our series about financial literacy. Financial literacy is about understanding basic concepts and topics of personal finance. In this series we cover debt, investing, inflation and deflation, mortgages and more. In the first edition of the series we gave an overview of Financial Literacy and why it is important. The second edition was about debt. In the third edition we focused on saving. The fourth edition was about investing. This edition is the wrap up of the series.

Why it is important

When you learn about finances you empower your self to be able to change you life for the better. You can make money, good decisions, learn and grow. This is all very good and you can teach the next generation about it and make the world a better more financialy responsible place.

What you can do

You can do your best to learn about it. Devote some of your day to learning about finances. We have to make it an encouraged subject to learn and talk about so that the knowledge is spread. People today make it seem like asking about finances is a bad thing and that is just not true. We should also rally to make it be taught in schools so that kids can learn it from an early age. The most important thing is to learn then spread the knowledge.

Places to learn

There are a lot of good places to learn about finaces. One of them is www.wealthyhabits.org. They offer courses at your own pace or age group. It is a great opportunity and you can learn a lot no matter what. Another very great place is www.ramseysolutions.com. They have great articles and books to teach you about finances. These go into great detail and are awesome to learn in depth about certain parts of finances. They also have great apps that can help you manage your money better. A course they run is called Financial Peace University. We have done this program and we find it very educational. It teaches you how to manage your money and how to use it in great ways but it also talks about how finances work.

All of this great and there is a lot to learn. Learning about finances can change your life. Lets make 2022 the year to improve financial literacy.

Martin Luther King Jr Day is on the 17 of January. It is a day to remember and to celebrate MLK's birthday and his accomplishments. Martin Luther King Jr wanted people with colored skin to have equal rights. He wanted people with color to have voting rights and to end segregation. He held some of the most powerful and biggest rallies and marches. He will always be remembered as a hero.

Quote of the week.

“Peak performance begins with your taking complete responsibility for your life and everything that happens to you.”

- Unknown

“Happiness is your responsibility. If you depend or wait for other people to make you happy you will always be disappointed.”

- Unknown

Name: _____

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Financial Literacy

Find the words!

W N K K O R K O V A F E R R E R M T J O
N F L H K Q F F E Z R O X Q J Y O L R Y
H W R C I N U K X Y I U D B U Q S D H L
S M I G K F O E H J J I I S I N E C D T
F A X Z N J N W Z A K C A M A U G Q K W
H W V B C I X H L W V L M R Q P A I Q U
R O N I U W T M V E X E X N C O G R X N
B I X M N N G S X Y D G P E P A T J Z P
J R Q U L G A D E L E G B X E Q R M M H
L O U S U Z E N P V E K E T R K O N R V
Z E P P T N O Y F R N A V G V C M C M G
P N K D Q M S I R Z S I R E B L L H D R
L S H W W O E T K N E V O N Q H G E R T
A F I N A N C I A L L I T E R A C Y F F
W Q T L H B N O M V F M A R G H H S U S
G M Y I C S A D Z G I V T A N S P Y P A
M W Z C P W N I H A A X K T P S V J M D
O L W V V M I I S Z P R F I E B E T V R
T G G K F G F Q L Z S D Y O H B G H C E
X T Q E P O U C Z N I I U N O B B N T W

FINANCES
LEARN
SAVING

FINANCIAL LITERACY
INVESTING
NEXT GENERATION

MONEY
MORTGAGES
KNOWLEDGE

Announcements



Although resolutions sound like a good idea, people often set themselves up for yet another failure.

Statistics show that somewhere in the vicinity of **97% of New Year's resolutions will be discarded**, about *half of them* by the end of January! **That's why I say "practice resolution absolution!"**

There is only one secret to making a change. **Decide whether the commitment is a worthy one.** If making a commitment to getting and staying fit is **important to YOU** (not your spouse, your kids, or your doctor)... then you'll have a better chance of achieving your goal.

Scott Fitzgerald got it right when he said "**Vitality** shows not only in the ability to persist, but in the ability to **start over.**" If I can help you get fit (finally) **this year** - all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too.

Linda@FitTraining.net - FitTraining.net

2022 create a challenge box

In the new year we created a challenge box. The challenge box is a medium size box. Inside the empty box you would write all the months in order, but separated away from each other. For each month put a piece of paper with a challenge. There should be at least 2 challenges for each month. Here are some challenges we made: meditate every day, read 4 books, memorize 3 inspiring quotes. E-mail us at goodnewssundayfairfield@gmail.com to tell us your challenges.

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Have a great Sunday!