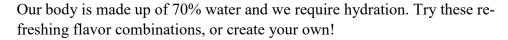
## 4th H for Health

## January Edition





## Flavored Water:

Watermelon Lime: Cucumber Lemon (or Lime):

1 cup watermelon 1/2 cucumber 1 lime 1 lemon or lime

5 mint leaves (optional)

Pineapple Grape: Berry Kiwi (or Orange):

1 cup canned deiced pineapple 10 strawberries or blackberries

Pineapple juice from can 1 kiwi or 1 orange

1 cup grapes



\*All recipes are for a 2 Qt pitcher

\*Tips for releasing flavors of the produce:

Watermelon- cut into small pieces (1 to 2 inches)

Citrus fruit (oranges, lemons, limes) - remove rinds and slice into thin pieces

Cucumber - Slice into thin pieces

Mint - Tear leaves

Grapes - Slice in half

Berries - Remove top (strawberries only) and slice into small pieces

Kiwi - remove peel and slice into thin pieces

As we start off January look ahead and what you want to accomplish in the next month or 2021. Here are some helpful tips to personal well-being and how to set S.M.A.R.T. goals for yourself or club.

## S.M.A.R.T Goal Setting:

The five elements of S.M.A.R.T. goals are defined as:

S - Specific

M - Measurable

A - Attainable (or actionable)

R - Relevant (or realistic)

T - Time-bound



SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BOUND

Achieving goals is satisfying and builds confidence, yet the process of working towards a goal is a valuable part of lessons in life. Not all goals are achieved on the first try and this is the learning process that each 4-H member or child goes through. Keep pushing through and no one will be able to stop you from reaching your goals.

Worksheet to use to set goals.

https://www.canr.msu.edu/news/capture your clover 4 h record keeping part 2 setting goals

Full article located below:

https://4-h.org/about/blog/goal-setting-for-the-new-year-ask-a-4-h-member/