

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR NEARLY 80 YEARS.

ASK A PIONEER

Q1 IT'S JUNE AND I NEED SOME INSPIRATION. I NEED A GOOD HACK TO STAY ON TOP OF ALL THE GOALS AND PLANS I WANT TO ACCOMPLISH.

A1 Start by making a list. Your goal is to get everything on paper. Writing allows you to see your long- and short-term goals more clearly. What on your list can you accomplish this summer, in the fall, or come winter? What will be perfect to tackle next summer? Often, the things we need to take care of now turn out to be steppingstones for future desires. The same is likely true for you.

Q2 WHY IS EVERYONE TALKING ABOUT CLUTTER? IS THERE PROOF THAT MY LIFE WOULD BE BETTER IF I TIDIED UP?

A2 A tidier environment is linked to faster decision making, less stress and more tranquility. Tidy doesn't mean spotless or perfect; it means less

clutter and knowing where to find the things you need. When things are perpetually disorganized, stress builds and it's hard to focus. In addition, a cluttered home can be a dangerous one, with hidden hazards to slip and fall on. These are but a few reasons getting rid of clutter is recommended. Here are a few more!.

[CLICK HERE](#)

If you have a question you would like answered in one of our next newsletters, please email or call: info@wrmail.org or 888-994-3863 ext. 4

INDUSTRY QUOTE:

“IT WAS GREAT THEN WHEN I HAD TO EVACUATE MY HOME FOR THREE DAYS DUE TO THE FIRE, WILL ROGERS WAS ABLE TO OFFER A SMALL AMOUNT OF FINANCIAL ASSISTANCE TO HELP ME MAKE UP FOR THE EXPENSES INCURRED WHILE I WAS AWAY..”

— PAF CLIENT

HEALTHY TRAILS TO YOU

EASE

We all feel lonely from time to time. EASE, an acronym first coined in the wonderfully compassionate book *Loneliness: Human Nature and the Need for Social Connection*, (Cacioppo and Patrick, W.W. Norton & Company, 2008) might just help during those times.

E: Extend Yourself. Put yourself in the company of others, even for quick bursts. Make small talk, smile, ask someone about their day.

A: Action Plan. Explore what interests you and what you're good at! Take a class or volunteer.

S: Selection: Seek out others with shared interests; join events to meet others of like mind.

E: Expect the Best. Remain open and keep trying!

For more details, [READ THIS POST](#) by one of the creators of EASE:

[CLICK HERE](#)

WILLSPIRATIONAL

LIVE YOUR LIFE IN SUCH A WAY THAT YOU WOULDN'T BE ASHAMED TO SELL THE FAMILY PARROT TO THE TOWN GOSSIP

-WILL ROGERS

BUCK UP BUCKAROOS

How to save more money each day

Saving money doesn't mean depriving yourself. It means adjusting what you spend so, in the long run, you have more. Small changes can make a big difference, too. Here are 10 easy tips:

1. Get a lower rate for insurance: car & home.
2. Don't waste money on fast food.
3. Brew coffee at home.
4. Ask for lower interest rates on credit cards.
5. Use cash instead of credit cards.
6. Plan meals ahead; bring lunch instead of buying.
7. Make a shopping list and stick to it.
8. Sell gently used items online: clothes, shoes, toys.
9. Quit smoking: cigarettes are not only bad for you, they are expensive!
10. Cancel unused and unwanted memberships.

[CLICK HERE](#)

YOUR MONTHLY COWPOKE JOKE

How many gorillas can fit into a car?

Eight.

How many chickens can fit into the car?

None, the car is already full of gorillas.

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