



Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

VOLUME 15, ISSUE 2 • FEBRUARY 2020

HELPING INDUSTRY VETERANS FOR NEARLY 80 YEARS.

ASK A PIONEER

Q1 I REALLY WANT THIS YEAR TO BE THE YEAR I TAKE CONTROL OF MY FINANCES AND PERSONAL LIFE. ANY SUGGESTIONS ON WHAT REALLY WORKS?

A1 Take control of your personal and financial life in baby steps. Choosing a few realistic goals rather than many, or one huge one, allows you to focus and stacks the odds in your favor. Constant progress toward one or two goals will motivate you to keep going and make it easier to set and achieve new goals in the future. So rather than a goal of never eating out again, start by bringing your lunch or making your dinner once or twice a week. Instead of vowing to exercise every day, take the stairs once a day or park farther from the door. Make sure you can explain the goal in one short sentence to increase your focus even more. Before you know it, these little steps will add up to big achievements.

Q2 RECENTLY I TALKED TO MY MOM ABOUT ASSIGNING A HEALTH AND FINANCIAL POA. SHE DIDN'T EVEN WANT TO TALK ABOUT IT. WHEN I SPOKE TO MY HUSBAND, HE DIDN'T WANT TO TALK ABOUT IT EITHER. I WANT TO BE PREPARED BUT THEY DON'T WANT TO TALK ABOUT IT. WHAT CAN I DO?

A2 If loved ones refuse to talk about powers of attorney, a few simple tips can help break the ice and open the lines of communication.

- Talk to the key people about your desires. Keep it about you. Explain that control over your future and certainty of how your health and money will be handled will make your life better now.
- Asked your loved ones to write down their wishes and put them somewhere safe in case they're needed.
- Be patient. Trying to force the issue will only discourage future discussions.
- Realize you can only ask. Don't ruin today's relationships while thinking of tomorrow's.

— INDUSTRY QUOTE: —

“ THE SOCIAL WORKERS WERE WELCOMING, UNDERSTANDING AND EMPATHETIC. I FELT A GREAT SENSE OF SUPPORT. THANK YOU, WILL ROGERS! ”

—PAF MEMBER

HEALTHY TRAILS TO YOU

POSITIVE MORNING ROUTINES SET THE TONE FOR THE REST OF THE DAY. TRY THESE FOUR THINGS TO GET YOUR BEST START:

1. Forget your phone. Take a few minutes for you before letting in the rest of the world. This includes simple things, like brushing your teeth and washing your face.
2. Have some water. It purifies your system, wakes you up, and lubricates your joints.
3. Stretch those muscles. A loose body works better and feels better.
4. Develop a ritual. Recite your favorite affirmations, read something positive or funny, or sip lemon water. Anything that makes you eager to greet the day.

WILLSPIRATIONAL

HUNGER DOESN'T
NEED MUCH
ENCOURAGEMENT. IT
JUST KEEPS COMING
AROUND NATURALLY.

-WILL ROGERS

BUCK UP BUCKAROOS

CREATE A MONEY MAP:

A money map makes it easy to see where your money comes from and where it goes. And since most of us understand things better when we see them, it gives you a more accurate feel for the inflow and outflow of your cash. Start by listing your income sources across the top of your page, spreadsheet, or whatever. Draw lines from the sources to where your money goes - groceries, retirement, entertainment, etc. Then break those down into things like movies and dining out under entertainment. Check out this month's blog for more tips and information on creating your money map.

YOUR MONTHLY COWPOKE JOKE

Q: Can February march?

A: No, but April may.

LEARN MORE AT WRPIONEERS.ORG

**BRIDGING THE GAP DURING UNEMPLOYMENT, ILLNESS, AND ACCIDENTS
FINANCIAL GRANTS | SUPPORTIVE COUNSELING | ALWAYS CONFIDENTIAL**

For more information, visit wrpioneers.org or call **888.994.3863** to learn more about our program that provides assistance to industry veterans who work in Distribution, Exhibition and trade services.



@WRPIONEERS



FACEBOOK.COM/WRPIONEERS