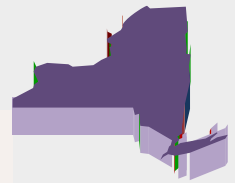




In a New York Minute

"All the News you Need to Know – In a NY Minute"



January 1, 2015

"Turning Over a New Leaf"

We often see New Year's Day as a time for making change. Quite often the change we identify is the area we feel we have failed and dislike the most about ourselves. **So the goal is really to feel better about ourselves.**

If we don't lose the ten or twenty pounds by the time line we expect, do we feel like we have failed again?

And how much does that cycle of thinking and behaving really help us to meet any goals?

Maybe "turning over a new leaf" could be getting to see ourselves through a more positive lens. What if we used New Year's Day to celebrate the strengths we used to accomplish all we did in the past days, weeks and months. When we become conscious of our strengths and identify how they have served us in healthy ways, we build a road map to success. If you have children and discuss the strengths of the family, they will thrive. When we truly internalize our strengths, we are fully equipped to meet change.

So go on the treasure hunt and identify all those strengths...it will launch a golden year!

"Prerequisites to Setting Personal Financial Goals"

Have you set your financial goals for 2015?

As we start the year, consider some homework that needs to be completed prior to setting your goals. The first thing required to set effective personal financial goals is awareness of an individual's current financial situation. This requires preparing a current balance sheet and cash flow statement. Meaningful goals are specific and obtainable. Without an accurate assessment of your current assets, liabilities, and monthly obligations - it is impossible to determine what may be possible. It doesn't have to be complicated, just write down everything you own & all debts on a piece of paper and you have a Balance Sheet. Add up the stuff you own, subtract the stuff you owe, and you get your net worth. Use data from your credit report to help verify balances by ordering your free report at www.annualcreditreport.com.

Data for a cash flow spreadsheet can be generated by gathering all

- ✓ monthly bills
- ✓ bank statement
- ✓ pay stubs.

***Don't forget to add expenses like gifts, annual maintenance, spending \$\$, vacations, and saving for emergencies.**

Once you have created these statements, you have effectively located your financial position. Now that you know where you are at financially, you can set goals and develop a plan to meet them.

Jan 2014 ~ 38% of NY FRGs reported Green
Dec 2014 ~ 45% are Green!



In a New York Minute



In 2014 the NYNG Family Programs Office held 12 Pre/During and Post Deployment events. These events supported 1,119 Service Members and 604 adult and youth Military Family Members.



Volunteering makes you stand out from the crowd

Thank you



132 Command/
Military Points of Contact
and Volunteers attended
Annual Training in 3
locations



From Your
State Family Program Director; John Willsey
Family Assistance Specialists
Family Readiness Support Assistants
Airman and Family Readiness Program Managers
Family Programs Assistants
Youth Coordinators
Directors of Psychological Health
Substance Abuse Coordinators
ESGR Team
Transition Assistance Advisors
Personal Financial Consultant
Suicide Prevention Coordinator
Resilience, Risk Reduction, Suicide Prevention Coordinator

Looking Ahead to 2015

- Regional Readiness Trainings
- Volunteer Awards
- Youth Camps
- Teen Council Events
- Hiring Our Hero's Career Fairs
- Many more exciting issues of "In a NY Minute"

& SO MUCH MORE