



THE NEED FOR PERSONAL FINANCIAL MANAGEMENT (PFM)

★ FINANCIAL READINESS IS MISSION READINESS

It's true! If you, as a Sailor, are financially fit, you are better able to fulfill the duties of your mission. There are many personal benefits to good money management as well, including reduced stress, more lifestyle choices, building wealth, and peace of mind. Understanding the need for personal financial management, and how to achieve it are the first steps to navigating your way to financial readiness and a better future.

★ WHAT IS PERSONAL FINANCIAL MANAGEMENT?

The meaning of personal financial management is exactly as it sounds — managing your money, saving and investing. You can start on the road to improved personal financial management by following these six steps.

- Set financial goals
- Create and follow a spending plan
- Save for emergencies
- Adequately insure (protect) your family
- Save/invest 10 - 15% of pretax income
- Have an estate plan

★ DON'T WAIT TO GET STARTED

Take action to learn about and improve your personal financial management and financial readiness. Delaying *can* hurt you. On a personal level, financial problems can result in instability and conflict within your family, not to mention your health. Professionally, the problems can continue! Not dealing with financial issues can result in stress at work, the inability to focus on your job, time and energy lost, negative evaluations, loss of promotions, and can even cost you security clearances often stemming from a poor credit history. So, don't take any chances, make your finances a priority and take charge of your personal and professional future.

★ WHERE TO TURN

There's good news! There are resources available to help improve personal financial management and overcome financial challenges.

1. **Command Financial Specialist (CFS)** — A first-line-of-defense peer who's trained to meet you where you are and provide guidance to help you overcome financial issues.
2. **Personal Financial Manager (PFM)** — A professional counselor/educator on your installation (Fleet and Family Support Center) who provides FREE, confidential financial counseling, education, and information and referral. They assist with a number of issues including setting financial goals, creating a spending plan, major purchases, and dealing with debt or credit concerns.
3. **Military Relief Societies** — These nonprofit organizations help to provide interest-free loans and educational assistance to members of the service, eligible family members, and survivors in need. Visit the following links for more information:

Navy-Marine Corps Relief Society: www.nmcrrs.org
Air Force Aid Society: www.afas.org

Army Emergency Relief: www.aerhq.org
Coast Guard Mutual Assistance: www.cgmahq.org