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News Columns and Newsletters  
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**Please Release on the Following Date:**  
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**FOR RELEASE**

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## **Five County Solutions**

**“Helping You Manage Between Jobs”**

**Identify Priorities and Set Goals**

**Part Six in a Ten-Part Series**

During a time of uncertainty it is critical to concentrate your time and efforts on those activities that are most important to you and your family. When you identify relationships, commitments, and responsibilities in your life as valuable and worthy of maintaining and nurturing, you have made them a priority.

Not all individuals or families will select the same things as a priority nor will they place them in the same rank order. What might be vitally important to one family may not even make the list of priorities for another. What may be similar, however, is the seriousness with which families attend to their priorities.

When financial stability is in question due to a job loss or impending loss, decisions must be made about how a limited amount of money will be spent on a seemingly endless list of possible things to buy. For the near future, concentrate on purchasing what's needed and limit purchasing items that are merely wants, until such a time when your income is more stable. Determine what is a need and not a want. Is something just nice to have or can you truly live without it? Eliminating unimportant purchases and carefully managing of your time and money will lead to reduced stress and bring order to your life.

When we determine priorities we are stating which one of our needs will be met first, second, and so on. Prioritizing can be done in several ways. Take care of what is

important first. Urgent and important issues should be given your immediate attention. Another way to set your priorities is to compare the benefits and costs of one choice over another. Also, you can look at the most common types of problems you are facing. Problems can be categorized as financial, transportation, and relationship.

Goal setting will help to control important issues in your life. Goals have five aspects components. To say your goal is **SMART** reminds you of those components. 1. Goal statements need to be written down and **S**pecific. Your goal needs to be **M**easurable. You need to know when you have met your goal. Goals need to be **A**ttainable. Is it really within your power to achieve? Be sure your goals are **R**ealistic given your resources and situation. Finally, set a **T**ime when you will accomplish your goal. (Source: [www.mindtools.com](http://www.mindtools.com))

Many of you are facing uncertain times due to future job losses in our area. Ohio State University Extension wants to help with accurate information on how to deal with these uncertain times and the financial and emotional strain you will experience.

Family and Consumer Sciences Educators in these five adjoining counties (Clinton, Fayette, Greene, Highland, and Montgomery) are working together to provide information through news articles, factsheets, and possible class sessions. You can contact us at any time for more information and resources. In Greene County, please contact Melanie Hart at (937) 372-9971 or [hart.382@cfaes.osu.edu](mailto:hart.382@cfaes.osu.edu) for more information

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