Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

My Personal Call to Action: Planning for My Future (Finances)

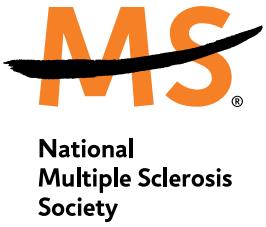
You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Have an open and honest conversation with family and friends about my concerns related to my financial future.	
❑	Talk with my spouse/partner about concerns I have related to our financial future and how we can address them.	
❑	Take these steps today to safeguard my financial future: _____ .	
❑	Over the next 6 months I would like achieve this financial goal — _____ . How can I make this happen?	
❑	Consult with a financial planner about my options for securing my financial future.	
❑	Research my employer-based financial planning resources.	

** See the Resource Guide for more information.*

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Visit *nationalMSsociety.org/financialplanning* for more information on financial planning and MS.	
❑	Watch *Planning for Your Future (Finances and Careers)* on the ***Live Fully, Live Well*** DVD.	
❑	Listen to the Webinar program, *Planning for Your Future (Finances and Careers)* with Silvia Stazio, CFP and Steve Nissen, MS, CRC.*	
❑	Contact an MS Navigator™ at 1-800-344-4867 to learn more about the financial planning-related resources available to me.	
❑	Contact Can Do MS at 1-800-367-3101 with my wellness questions.	
❑	Other:	

** See the Resource Guide for more information.*



Brought to you in partnership by the National MS Society and Can Do MS.

nationalMSsociety.org | mscando.org