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25 BEHAVIOR-CHANGE STRATEGIES FOR HEALTH AND WEALTH

*You don't have to see the whole staircase.
Just take the first step in faith.*

— Martin Luther King, Jr.

Now that you have become familiar with connections between health and wealth “issues,” it is time to explore specific behavior-change strategies that can be applied to improve your health, increase your wealth, or both. Each of the 25 strategies listed below has one or more worksheets that you can use to make the advice “personal” to your own situation. Think of this list as a “menu” from which you will choose the ideas that work best for you. Start “small,” however, or you may become overwhelmed. Choose no more than three or four behavior-change strategies to get started. Best wishes for health, wealth, and happiness.

Health and Wealth Behavior-Change Strategies

1. Track Your Current Behavior. See page 17
2. Unload Your Childhood Baggage. See page 20
3. Put Your Mind to It. See page 23
4. Commit to Making a Change. See page 27
5. Defy Someone or Defy the Odds. See page 30
6. Think Balance—Not Sacrifice. See page 33
7. Control Your Destiny. See page 38
8. Make Progress Every Day. See page 41
9. Get Help and Be Accountable. See page 44
10. Meet Yourself Halfway. See page 47
11. Say “No” to Super-Sizing. See page 51
12. Convert Consumption Into Labor. See page 54
13. Compare Yourself with Recommended Benchmarks. See page 58
14. Use Easy Frames of Reference. See page 63
15. Automate Good Habits and Create Templates. See page 66
16. Live “The Power of 10”. See page 70
17. Take Calculated Risks and Conquer Your Fears. See page 75
18. Appreciate Teachable Moments and Wake-Up Calls. See page 78
19. Weigh the Costs and Benefits of Changing. See page 81
20. Step Down to Change. See page 84
21. Kick It Up a Notch. See page 88
22. Control Your Environment. See page 92
23. Monitor Your Progress and Reward Success. See page 95
24. Expect Obstacles and Prepare for Relapses. See page 102
25. Set a Date and Get Started...Just Do It! . See page 105