

# Lesson Seven: Process of Change: Part Two

## Small Steps to Health and Wealth Lesson Plan

### Learning Objectives

Participants will:

- \* Learn that change involves a series of small steps that create progress toward a goal.
- \* Identify small changes they can make to their environment that will facilitate their progress.

### Behavioral Objectives

Participants will:

- \* Create a list of small, progressive steps to better health and wealth.
- \* Take the first step in changing one aspect of their environment to move toward one of their goals.

### Introduction

**Process of Change: Part Two** emphasizes a small steps approach to behavior change focusing on maintaining progress toward desired behavioral changes and promoting an environment that supports behavior change efforts.

### Content and Background

Read the relevant sections of the SSHW Handbook for background information:

*Step Down to Change (20)* - People who try to change behaviors in drastic ways may find the changes very difficult to maintain. Step Down to Change focuses on making small but meaningful adjustments when changing behaviors. This tends to be less of a “shock to one’s system.”

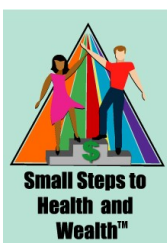
*Kick it up a Notch (21)* - An advantage of taking small steps when changing a behavior is the ability to make continual progress. This activity prepares participants to increase the level or intensity of physical activity to improve fitness and to improve their financial practices.

*Control Your Environment (22)* - This section points out that even with the best of intentions, an environment with barriers to behavior change such as limited time or many temptations can hinder progress. It may be advantageous to make changes to your home or your office environment, and/or to enlist the help of family and friends to reduce.



**Estimated Time:**

60 minutes



Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Enslie, K. (2006). *Small Steps to Health and Wealth*. Ithaca, NY: NRAES. For additional information about purchasing *Small Steps to Health and Wealth*, visit [www.nraes.org](http://www.nraes.org).

## Pre-Class Preparation

Review the readings.

## Materials Needed

- Workbook for participants
- Copies of worksheets that can be filled in during class

## Activities

- Creating a Path
- What Doesn't Fit?

## Creating a Path

Use the following goals as an ending place. Then, ask participants to think of small progressive steps that lead to that goal.

- Consistently exercising at least 30 minutes a day six days a week in 6 months
- Reducing credit card debt by \$1000 this year

Now have them do the same for one of their personal health and wealth goals.

## What Doesn't Fit?

Have participants form small groups. Hand out What Doesn't Fit? worksheet. For each of the situations on the worksheet, they will discuss ways to help the persons to change.

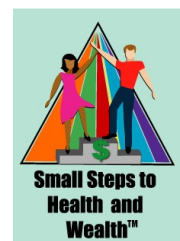
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“Life is not merely to be alive, but to be well.”

- Marcus  
Valerius Martial

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# *What Doesn't Fit?*

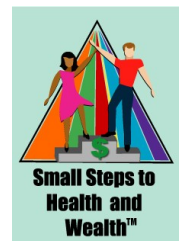
For each of the situations on this worksheet, discuss ways to help the persons to change. When you are finished, have one person report back to the group.

## Situation 1

Michelle has diabetes and is trying to improve her blood glucose control and decrease her blood pressure. She has changed her eating habits but knows that exercise is also very important. She would exercise more but her exercise bike is in her storage closet in the basement of her apartment building. The area is not well lit, so she seldom goes down there. What suggestions do you have for her?

## Situation 2

Lisa and Javon are trying to save money for a home. However, they are guilty of impulse buying. Whenever they go to a store they seem to buy more than they intended. They almost always use their credit cards. They pay off their credit cards every few months but still pay interest on their purchases; this is an impediment to saving. What advice do you have for them?



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