

SMALL STEPS TO HEALTH AND WEALTH™

Put Your Mind To It Instructor Guide Strategy 3



SSHW Materials Developed by: Rutgers, The State University of New Jersey
Instructor Guide Developed by: University of Arizona Cooperative Extension

Objectives:

Participants will:

1. Use visualization techniques to set and achieve goals.
2. Focus and use self-discipline to overcome negative influences by affirming positive messages and eliminating "weasel" words.
3. Learn to use behavior change strategies in the present tense as an incentive to "walking the talk" and referring to negative behaviors and relapses in the past tense.

Glossary:

Visualization: The process of creating pictures in your mind and using them to commit to a goal.

Weasel Words: Language of staying the same using such words as "I hope to," "I plan to," "Hopefully I can," and "I'll try to."

Positive Self-Talk: Using strong action words such as "I will", "I can" and "I am" to describe behavior change.

Estimated Time: 15 minutes (1:1 counseling) to 20 minutes (small group activity)

Activity Handout Needed: *Visualization and Positive Self Talk – Health and Visualization and Positive Self Talk – Wealth*

Introduction and Instructor Script:

Visualization is one of the most powerful tools to help people to alter their lives by altering their current mind set. Most people want improvement immediately and are not willing to follow strategies that require consistent self-

discipline, focus, motivation and visioning. The purpose of the behavioral change strategy, *Put Your Mind to It*, is to encourage participants to identify visioning techniques by painting a mental picture of a preferred future whether it is losing 20 pounds, increasing physical activity to 60 minutes per day or accumulating 3 months of savings in an emergency fund. Once the vision is identified participants can name it, describe it and take small steps overtime to achieve. Other ways participants can think themselves healthy and wealthy is to think about their strengths, abilities, skills and past accomplishments. Using the language of change and not weasel words is another way to foster a positive mind set.

Instructions for the Activity:

Individual Counseling: Discuss the *Visualization and Positive Self Talk – Health & Wealth Worksheets* and encourage participants to answer the 5 statements on each worksheet.

Group Activity: Discuss the *Visualization and Positive Self Talk – Health & Wealth Worksheets* and encourage participants to answer the 5 statements on each worksheet

Debriefing Questions: Which of the ideas, "visualization," "I will" statements, "walking the talk," using "negative behaviors" in the past tense, or acknowledging "positive behaviors" are you going to try to use as a tool?

Additional Resources:

Small Steps to Health & Wealth Planning Worksheet.

"No matter who you are, it's simple things in life that lead you to believe that you can achieve anything."
-Ronaldo Assis Moreira



Put Your Mind to It Strategy 3—Worksheet

To get started, complete the *Visualization and Using Positive Self-Esteem Techniques to Improve Health* and *Visualization and Using Positive Self-Esteem Techniques to Improve Wealth* Worksheets and use them as a tool to train your mind to expect success and take action to achieve it.

Visualizing and Using Positive Self-Esteem Techniques to Improve Health Worksheet

1. What will it feel like to achieve your health goals? _____

2. Write a sentence to describe something you are good at or a past goal that was achieved:

3. Write a sentence that clearly states a health behavior change without using generalizations or euphemisms: _____

4. Write a positive health behavior in the present tense:

5. Write a negative health behavior in the past tense: _____



Put Your Mind to It Strategy 3—Worksheet

Visualizing and Using Positive Self-Esteem Techniques to Improve Wealth Worksheet

1. What will it feel like to achieve your wealth goals? _____

2. Write a sentence to describe something you are good at or a past goal that was achieved:

3. Write a sentence that clearly states a financial behavior change using generalizations or euphemisms: _____

4. Write a positive financial behavior in the present tense:

5. Write a negative financial behavior in the past tense: _____



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