

## SMALL STEPS TO HEALTH AND WEALTH™

### Monitor Your Progress And Reward Success

#### Instructor Guide Strategy 23



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

### Objectives:

#### Participants will:

1. Learn that regular progress checks provide an opportunity to celebrate small successes or reign in a relapse before more damage is done.
2. Learn that the more difficult steps of the action stage (of change) must be built on a solid foundation.
3. Learn that behavior can be shaped in a new direction with periodic rewards and reinforcement.
4. Learn that small rewards received for meeting small goals are more effective than larger rewards for one long and difficult goal.

### Glossary:

**Shaping Up:** A behavioral change technique with a predetermined series of short-term goals to help to get closer to a larger goal.

**Estimated Time:** 20 minutes (1:1 counseling) to 30 minutes (small group activity)

**Activity Handout Needed:** *Progress Indicators – Health and Wealth, Chart Your Progress-Health Goal, Chart Your Progress- Wealth Goal Worksheets*

### Introduction and Instructor Script:

The purpose of this strategy, *Monitor Your Progress and Reward Success*, is to recognize individuals will do better in reaching their ultimate goal if they monitor and reward their progress at each successive step forward rather than waiting for more visible progress later. It is necessary to track from the starting point and identify where an individual wants to go. Frequently monitoring progress can be done with spread sheets, journals, and computer programs, to plot progress towards the target goal. Written records increase self-awareness. In a study of Cooperative Extension MONEY 2000 participants “seeing results/progress/success” was identified as a frequent factor related to goal attainment of increasing savings or reducing

debt. Small rewards, received for meeting small goals, have been shown to be more effective than large rewards for one long and difficult goal.

### Instructions for the Activity:

**Individual Counseling:** The facilitator discusses the examples of progress indicators for setting health and wealth goals using the *Progress Indicators – Health and Wealth Worksheet*. For the next step, the facilitator illustrates the strategy for charting the progress in attaining the health and wealth goals with the *Chart Your Progress-Health and Wealth Goal Worksheets*. The participant will fill in the appropriate range of numbers for the behavior they want to monitor. The examples of the external and internal rewards are reviewed:

#### Examples of External Rewards (Others)

- Paid by employer to lose weight (reduce insurance costs)
- Receiving free money from employer for 401(k) match
- Program incentives for 16-week walking program
- Weekly newsletters to re-enforce behavior change
- Reward for behavior change after a friendly bet

#### Examples of Internal Rewards (Self)

- Inexpensive items like movie rental or music CD
- Using savings from changing unhealthy behavior
- Long, relaxing bubble bath, walk in the park
- Meditation or personal day off from work
- Private, personal pat on the back for job well done

**Group Activity:** The facilitator asks the group to complete the progress indicators for setting health and wealth goals and to plot their strategies for attaining these goals as was discussed with the individual participant.

### Debriefing Questions:

List at least one external and internal reward for positive health and wealth behaviors.

### Additional Resources:

*Changing For Good*

“If we did all the things we are capable of doing, we would literally astound ourselves.”

–Thomas A. Edison







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