

Lesson Four: Finding Support, Including Yourself

 Small Steps to Health and Wealth Lesson Plan

Learning Objectives

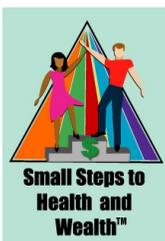
Participants will:

- * Understand the importance of breaking down large changes into smaller ones.
- * Become familiar with resources that are available for support and accountability.

Behavioral Objectives

Participants will:

- * Use “Make Progress Every Day” worksheet to plan strategies for one health and one wealth goal.



Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Ensle, 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.

Introduction

One of the key messages of the **Finding Support Including Yourself** lesson is that success is often the result of small steps within an overall plan. These small steps can help to build up a person's self confidence and strengthen their belief that change is possible. Goals often seem far away and when people feel that they are not making progress, it can be challenging for them to maintain their commitment to change. Experiencing small successes along the road to a larger goal can help participants see that they are moving toward their goal and keep them committed.



Content and Background

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

Make Progress Every Day (8) – “Make Progress Every Day” is a strategy for breaking down large goals into smaller attainable goals. This strategy moves participants toward their health and wealth goals slowly and promotes a positive attitude about the behavior changes they are making.

Get Help and Be Accountable (9) – Sometimes people need help from others to hold them accountable for their behaviors until they reach their goals. Support for health and financial behavior changes can come from friends, family, co-workers, employers, support groups, and professional advisors. Keep in mind that these same people can sometimes be a resource or an obstacle to positive behavior change.

Meet Yourself Halfway (10) – Reducing calories (to lose weight and reduce the risk of disease) and spending (to save money or reduce debt) can be done in small steps. The “meeting yourself halfway” strategy includes decreasing portion sizes and cutting back on frivolous expenses, which can make a real impact over time.

Estimated Time:

60 minutes

Pre-Class Preparation

- Review the readings.
- Prepare anecdotes to share with the group related to one or more of the strategies.

Materials Needed

- Workbook for participants
- Copies of “Make Progress Every Day” and “Resources for Change” worksheets.

Activities

- Small Steps Everyday
- Resources for Change

Small Steps Everyday

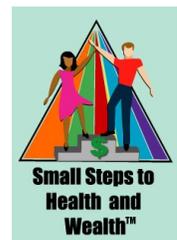
Participants will learn how to structure parts of their day to keep them on track toward behavior change. Completing small daily tasks such as doing sit-ups in the morning before a shower or making time to pack a lunch to avoid buying one can help them feel good about themselves and their progress. Daily affirmations (examples are on page 41 of the workbook) can be simple, personal, and take only minutes. Often they may state choices that have been made, accomplishments that have been realized, or other sources of strength and inspiration.

In this class, participants will consider how they can be mindful of their efforts day to day. This begins with a daily message or goal to achieve, and includes thinking through where this would fit in their already busy day. Once participants can see how the activities fit into their routines, the change becomes less daunting. As change becomes the new norm, it will be easier to maintain the behaviors. The “Make Progress Every Day” worksheet from the SSHW workbook is a helpful guide.

- Step 1 – Suggest that they use the goal they worked with from the earlier class. If they did not attend, they can select health and wealth goals today.
- Step 2 - For either or both goals, they should work through the actions listed on the side of the worksheet. If they have questions about affirmations, explain that affirmations can come in many forms, either a positive statement about themselves or a message of inspiration.
- The remaining items on the worksheet can be filled out at home as a follow-up to the class.

“Always bear in mind that your own resolution to succeed is more important than any one thing.”

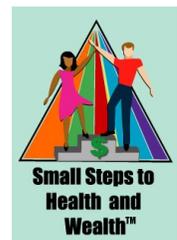
- Abraham
Lincoln



Resources for Change

This activity helps participants take stock of the people in their lives who can be sources of strength during their transition. During this activity they will highlight people whom they believe will help reinforce their efforts and help them see and appreciate their successes.

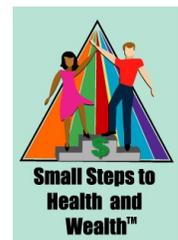
To illustrate how to complete this worksheet, go through an example on an overhead transparency, a dry erase board, or a flip chart. Provide specific examples to help illustrate how one can think about the role others will play during the process of change. Use a health or wealth goal of your own or ask for a volunteer from the group to share one of his or her goals. After going through the example, have the participants work through the questions independently for one of their health or wealth goals. If there is time, they can go through a second goal or if time runs short, they can complete the activity at home.



Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Ensle, 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.

Make Progress Every Day Worksheet

Action	Health Goal	Wealth Goal
Write a daily affirmation for your goal.		
Describe a daily learning activity related to your goal.		
List your five best 10-minute chunks of time during the day for you to work on your goal.		
List at least two daily action steps to help you move toward your goal.		

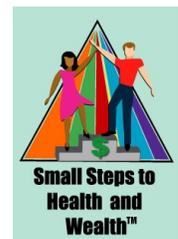


Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Ensle, K. (2006). *Small Steps to Health and Wealth*. Ithaca, NY: NRAES. For additional information about purchasing *Small Steps to Health and Wealth*, visit www.nraes.org.

Resources for Change Worksheet

Question	Health Goal	Wealth Goal
Who in your life is likely to support your goal? Why?		
Who in your life is likely to sabotage your goal? Why?		
What supports are available through your employer?		
What supports are available in your community?		
What supports are available through professional advisors?		

Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Ensle, 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://solutionsforyourlife.ufl.edu/>