

SMALL STEPS TO HEALTH AND WEALTH™

Unload Your Childhood Baggage

Instructor Guide Strategy 2



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

Objectives:

Participants will:

1. Learn to recognize the underlining “baggage” towards health and wealth beliefs developed from their family and surrounding culture.
2. Learn that the “baggage” might be preventing them from making positive behavioral changes.
3. Learn how to turn negative “baggage” into positive and motivating health and wealth messages.

Glossary:

Baggage: The false, and often irrational, set of feelings and beliefs, which distort people’s thinking and affect their health and financial behaviors.

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

Activity Handout Needed: *Health Baggage Worksheet and Financial Baggage Worksheet*

Introduction and Instructor Script:

The purpose of the behavioral change strategy, *Unload Your Childhood Baggage* is to help participants understand their connection to the past and their early childhood development may have influenced the “baggage” that prevents them from making changes to improve their health and increase their wealth.

This activity helps them to recognize and understand their health and personal “baggage” and how to unload it through mental imaging to redirect negative baggage into a positive message.

“There is no better time than now. The time to live is now. The time to dream is now. The time to imagine and forget the past is now. The time to shine is now. The time to bleed, sweat, and determine yourself for the things you want most is now.”

-Anonymous

Instructions for the Activity:

Individual Counseling: The facilitator discusses some of the examples of the health and financial “baggage” and how they can be turned into positive messages. Such As:

- **Health Baggage:** You can’t control your bad health genes.
- **Health Message:** I can decrease my risk of health problems through diet, exercise and regular checkups.

Or

- **Financial Baggage:** You have to work really hard for money and, even when you do, you may not be rewarded for your effort.
- **Financial Message:** Money is a resource for health and wealth and can be used to create my own rewards.

Participants are asked to identify and put into writing their childhood “baggage” that has been weighing them down emotionally. The second step is to transform the negative “baggage” into a positive message.

Group Activity: Discuss some of the examples of health and financial “baggage” and how they can be turned into positives messages.

Debriefing Questions: What are other examples of baggage? Why do you think you have adopted these false and/or negative beliefs?

Additional Resources:

Stanny, B. (2004) *Secrets of Six-Figure Women*



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Strategy 2—Health & Financial Baggage Worksheet



My “Health Baggage” is:



My “Positive Health Message is:



My “Financial Baggage” is:



My Positive Financial Message is:



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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona.

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