

SMALL STEPS TO HEALTH AND WEALTH™

Control Your Destiny Instructor Guide Strategy 7



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 the difference between internal (having self-control over outcomes) and external (things happen by luck, fate or by others) locus of control.
2. Learn beliefs formed in childhood can be re-shaped with action steps to change them.
3. Learn how locus of control can be used to set small health and finance goals, with a positive outcome within a specific date.

Glossary:

Internal Locus of Control: Have self-control over outcome of events. "If it is to be, it is up to me."

External Locus of Control: Things happen by luck, fate or control of powerful people.

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

Activity Handout Needed: *Locus of Control Worksheet*

Introduction and Instructor Script:

The purpose of this strategy, *Control Your Destiny*, is to use the concept of internal locus of control to achieve health and finance goals by expecting a positive outcome and working

hard to achieve it with small positive steps. An external locus of control may have developed in childhood, but it can be re-shaped with patience, determination and focus.

Instructions for the Activity:

Individual Counseling: Explain the differences between external and internal locus of control using the *Control Your Destiny Worksheet*. Participants are encouraged to give an example of external and internal locus of control from their childhood and provide the outcome for the example.

Group Activity: Discuss the *Control Your Destiny Worksheet* and lead a group discussion of examples of locus of control that might have formed in childhood. Examples might include not being able to achieve educational goals, feeling under-valued for contributions, lack of encouragement to express ideas, children should be seen and not heard, not encouraged to ask questions or be part of a discussion or family arguments about how money should be spent and by whom.

Debriefing Questions:

Group Activity: What can you remember from your childhood as defining experiences that shaped your future?

Additional Resources:

Small Steps to Health and Wealth on-line registration questions.

"People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religion, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within."

-Romana L. Anderson



Control Your Destiny

Strategy 7—Locus of Control for Personal Health and Wealth Worksheet

Use the *Locus of Control Worksheet* to better understand your personal LOC belief system.

| Question | Health Behavior | Personal Finance Behavior |
|---|-----------------|---------------------------|
| Do you primarily have an internal or external locus of control? (i.e. Do you believe that you have control over your life or do other people or your environment?) Why? | | |
| How did childhood experiences affect your locus of control? | | |
| List several examples of how your locus of control affects your current practices. | | |
| What words and phrases do you use that indicate your locus of control? Examples: <i>"If it is to be, it is up to me"</i> <i>"Why is this happening to me?"</i> | | |
| Where do you go for information and support to make behavior changes? | | |
| What steps, if any, will you take to change your locus of control? | | |



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