

## SMALL STEPS TO HEALTH AND WEALTH™

### Make Progress Everyday Instructor Guide Strategy 8



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 process to making progress everyday through affirmation, daily learning activities and daily action steps to improve health and finances.
2. Set realistic and attainable goals and progress by following new recommended health and finance improvements each day.
3. Identify blocks of 10-minute chunks of time to improve health and finances.

#### Glossary:

**Affirmation:** Positive statements to help people believe that change is possible in their lives.

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

**Activity Handout Needed:** *Make Progress Everyday Worksheet*

#### Introduction and Instructor Script:

The purpose of the *Make Progress Everyday* strategy is to help participants understand that by setting realistic and attainable goals they can successfully achieve them by making small progress steps each day. Participants are encouraged to make positive statements multiple times

through out the day on how they think, feel, and/or behave regarding their health and finance goals. Progress is made each day through 1) Affirmation and positive self-talk, 2) Learning new information and 3) Action Steps.

#### Instructions for the Activity:

**Individual Counseling:** Discuss the *Make Progress Everyday Worksheet* and encourage the participant to make positive statements about how they want to think, feel and/or behave. Give the participant examples of daily learning activities to enhance his or her knowledge of health and finance issues and how time can be found to re-enforce activities.

**Group Activity:** Discuss the *Make Progress Everyday Worksheet* and give examples of affirmative statements to direct the exchange of ideas. Participants will then be guided to complete the activity worksheet for at least one health and one finance goal.

#### Debriefing Questions:

**Group Activity:** What are the obstacles faced in setting affirmative statements for a desired behavioral change? What are some ideas for making daily progress? What are some ideas for finding chunks of time?

#### Additional Resources:

*66 Ways to Save Money and 100 Ways to Improve Your Health, America on the Move.*

“Do not be desirous of having things done quickly. Desire to have things done quickly prevents their being done thoroughly.”

-Confucius



# Make Progress Every Day

## Strategy 8—Worksheet

Use the *Make Progress Every Day Worksheet*, below to plan how you'll make daily progress:

Activity	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 for your goal.		
List daily action steps related to your goal.		



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**This information has been reviewed by University faculty.**  
**[cals.arizona.edu/pubs/consumer/az1500h.pdf](http://cals.arizona.edu/pubs/consumer/az1500h.pdf)**

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