SMALL STEPS TO HEALTH AND WEALTH ™

Automate Good Habits & Create Templates
Instructor Guide Strategy 15

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 how to automate good health and wealth practices such as regular physical activity, following food guide pyramid recommendations and automatic monthly bill paying and savings.

2. Learn that automating good health and wealth behaviors will increase the likelihood of success in reaching set goals.

3. Learn that automating good health and wealth behaviors will simplify life by reducing the number of decisions to make.

Glossary:

Automation: An activity that is set to a regular schedule such as 30 minutes of daily exercise and savings deducted monthly from gross income.

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

Activity Handout Needed: *Automated Health and Wealth Strategies Worksheet*

Introduction and Instructor Script:

Putting health and wealth practices on a regular schedule is a good way to prevent procrastination by taking action and making decisions. By taking action at the outset, the need for on-going thought, discipline and decision making is eliminated. Automated behaviors increase the likelihood of success. Automated financial strategies include paying yourself first with savings deducted from workers gross income before money can be spent. Automated health improvements include setting physical activity schedules or eating one meal each day that follows the food guide pyramid recommendations.

Instructions for the Activity:

Individual Counseling: Discuss some examples of automated health and wealth strategies:

Automated Health Behaviors

Improvement Practice		Example
Personal Exercise	=	30 minutes daily
Weight Loss	=	Points-Weight Watchers
Meal Planning	=	MyPyramid.gov
Packaged Meals	=	Shakes and powders
Programmed Workouts	=	Circuit training

Automated Wealth Behaviors

Improvement Practice		Example
Taxed Deferred Savings	=	Payroll deductions
U.S. Savings Bonds	=	Payroll deductions
Bill Paying	=	On-line banking
Mutual Fund Deposits	=	Pre-authorized debit
Financial Templates	=	Calculating net worth

The individual participant will complete the *Automated Health and Wealth Strategies Worksheet* by writing their health and wealth goals in brief phrases and listing five strategies they plan to use to reach their health and wealth goals.

Group Activity: Discuss the examples listed above and ask the participants for additional ideas to put into automatic pilot their health and wealth behaviors.

Debriefing Questions:

How do you automate good health and wealth practices? What areas have you been procrastinating to take action to improve your health and/or your wealth?

Additional Resources:

Meal planning templates @ www.MyPyramid.gov and financial templates @ www.rce.rutgers.edu/money2000/templates.asp.

"That's the risk you take if you change: that people you've been involved with won't like the new you.
But other people who do will come along."
-Lisa Alther

Automate Good Habits & Create Templates
Strategy 15—Automated Health and Wealth Strategies Worksheet

Use the *Automated Health and Wealth Strategies Worksheet*, below, to identify planned actions. List up to five automated strategies that you plan to use to reach your health and wealth goals.

Health Goal	Wealth Goal
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

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