

## SMALL STEPS TO HEALTH AND WEALTH™

### Set a Date and Get Started

#### Instructor Guide Strategy 25



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 that the better way to change a health or wealth behavior is to prepare properly by identifying obstacles and developing a plan to overcome them.
2. Learn that the next step in getting started with health and wealth behavior changes is to set a realistic start date.
3. Learn that part of the process in making health and wealth behavior changes is to reappraise the situation and find a solution for each obstacle identified, make a commitment contact with themselves and just do it.

### Glossary:

**Personal Commitment Contract:** An agreement with yourself, signed by a witness, to fulfill a particular goal.

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

**Activity Handout Needed:** *Behavior Change Contract, Behavior-Change Progress Tracking Form: Health Goal and Behavior-Change Progress Tracking Form: Wealth Goal Worksheets*

### Introduction and Instructor Script:

The purpose of this strategy, *Set a Date and Get Started*, is to put plans into action and set a date to implement the plan without further delays or procrastination. Health and wealth behavior change requires a firm commitment to change and a plan of action as change can not happen without action. Plans and starting dates should be realistic to avoid a setup for failure. According to the authors of *Changing for*

*Good*, "Setting a time frame is critical for behavior change. Choosing a date to begin can help prevent premature action and prolonged procrastination." These same authors also recommend the selection of the "New Year" or birthday as an ideal time for selecting a date as the external environment is most supportive at this time.

### Instructions for the Activity:

**Individual Counseling:** Discuss the *Behavior-Change Contract Worksheet* and emphasize completion of the commitment section for health and wealth behavior changes. This simple one-page contract includes setting health and wealth goals, specific actions they plan to complete, rewards they will achieve, and is dated, signed and witnessed. It is recommended to post the contract in a place of prominence.

For the next step, have the participant complete the *Behavior-Change Progress Tracking Form for Health and Wealth Goals Worksheets* to include the strategies that will be used to implement their plan. These worksheets will be used to track daily progress and performance of each planned action.

**Group Activity:** Discuss the same worksheets as with the individual participant.

### Debriefing Questions:

Why is it recommended for self-changers to go public with their commitment to change?

### Additional Resources:

*Changing For Good and Weigh the Costs and Benefits of Changing Strategy #19*

"I am unaware of anything that has a right to be called an impossibility."

– Thomas H. Huxley



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## Strategy 25—Behavior Change Progress Tracking Forms and Contract

Fill in the Health and Wealth behavior change tracking forms below with your health and personal finance goals. Complete the contract below to commit to achieving your health and wealth goals.

### Behavior Change Progress Tracking Form: Health Goal

Week of: \_\_\_\_\_

Planned Action	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Walk 20 minutes at lunch with co-workers		X		X	X	X	
2.							
3.							
4.							

### Behavior Change Progress Tracking Form: Wealth Goal

Week of: \_\_\_\_\_

Planned Action	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Save \$3 a day, plus loose change, in a jar	X	X		X		X	X
2.							
3.							
4.							

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## Strategy 25—Behavior Change Contract



Name: \_\_\_\_\_

Health Goal: \_\_\_\_\_

I commit to take the following actions to reach my *health* goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Wealth Goal: \_\_\_\_\_

I commit to take the following actions to reach my *wealth* goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

\_\_\_\_\_

Self-Changer's Signature

\_\_\_\_\_

Witness Signature

\_\_\_\_\_

Witness Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Date

\_\_\_\_\_

Date



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