



25 Behavior Change Strategies for Health and Wealth

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“ You don’t have to see the whole staircase. Just take the first step in faith.” Martin Luther King Jr.

Once you become familiar with connections between health and wealth “issues,” it is time to explore specific behavior change strategies that can be applied to improve your health, increase your wealth, or both. Each of the 25 strategies listed below has a worksheet that you can use to make the advice “personal” to your own situation. Think of this list as a “menu” from which you will choose the ideas that work best for you. Start “small,” however, or you may get overwhelmed. Choose no more than three or four behavior change strategies to get started. Best wishes for health, wealth, and happiness.

Health and Wealth Behavior Change Strategies

1. Track Your Current Behavior
2. Unload Your Childhood Baggage
3. Put Your Mind to It
4. Commit to Making a Change
5. Defy Someone or Defy The Odds
6. Think Balance-Not Sacrifice
7. Control Your Destiny
8. Make Progress Every Day
9. Get Help and Be Accountable
10. Meet Yourself Halfway
11. Say “No” to Super-Sizing
12. Convert Consumption Into Labor
13. Compare Yourself With Recommended Benchmarks
14. Use Easy Frames of Reference
15. Automate Good Habits and Create Templates
16. Live “The Power of 10”
17. Take Calculated Risks and Conquer Your Fears
18. Appreciate Teachable Moments and Wake-Up Calls
19. Weigh the Costs and Benefits of Changing
20. Step Down to Change
21. Kick It Up a Notch
22. Control Your Environment
23. Monitor Your Progress and Reward Success
24. Expect Obstacles and Prepare For Relapses
25. Set a Date and Get Started...Just Do It!

For more information

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Visit our website cals.arizona.edu/Maricopa/fcs/

Under Consumer/Finance, click on “Small Steps for Health & Wealth”