

Small Steps to Health and Wealth

Strategy 3 - Put Your Mind to It (Health)



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*This program and newsletter
is adapted from the "Small
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Program," developed by
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One of the most powerful motivational strategies to improve health is visualization.

Many successful performers report "seeing" what they want to achieve long before they actually accomplish it. People can alter their lives just by altering their mind-set.

Visualization (a.k.a., mental imagery) is a powerful step in the process of setting and achieving goals. Start by

painting a mental picture of your preferred future. If you have a weight loss goal, picture yourself 20 pounds slimmer fitting into clothes that you haven't worn for years. See yourself as active and walking 30 minutes a day.

In addition to visualization, there are several other ways to "think yourself" healthy.

The first is to frequently remind yourself of your strengths as an individu-

al and goals that you've already set and achieved.

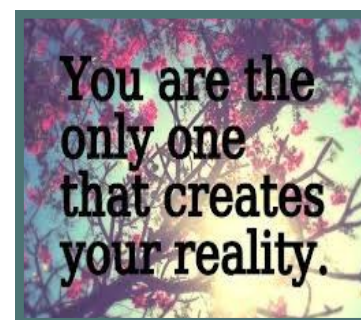
Success is a powerful motivator and failure is a mind-set that can be changed. When you are tempted to abandon your health objectives, think about how good it felt to achieve a previous goal.

Challenge the negative influences around you with affirming messages such as, "I can certainly lose weight."

Health Visualization and SelfTalk

- **My "Health Goals" are:**
- **What will it feel like to achieve your health goals?**
- **Write a sentence on a goal you achieved.**
- **Clearly state a health goal without any weasel words.**
- **Write a positive Health behavior in the present tense.**
- **Write a negative health behavior in the past tense.**

Use the above statements for visualizing your health goals. Write each goal in your notebook and draw or attach a picture of it. Why include a picture? To remind yourself daily of your future goal(s) because visual cues can help you stay focused.



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Deskercise!

The Twinkle Toe: Tap into your inner Fred Astaire by speedily tapping those toes on the floor under your desk. Or, graduate to a harder (and less conspicuous) move: Stand in front of a small trashcan and lift up those legs to tap the toes on its edge, alternating feet, in soccer-drill fashion.

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