

# Small Steps to Health and Wealth

## Strategy 7 - Control Your Destiny (Health)

For more information  
or to schedule Health  
and Wealth sessions,  
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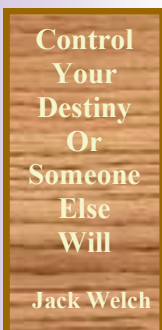
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This program and newsletter  
is adapted from the "Small  
Steps to Health and Wealth  
Program," developed by  
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The best way to predict your future is to create it. To become healthy, EXPECT a positive outcome and work hard to achieve it. Your attitude and belief about *your* control over future life events are important to the success of the goal.



Walt Disney said "All our dreams can come true, if we have the courage to pursue them."

As your life changes, you can either attribute success and failure to things you have control over, or forces that are beyond your control.

This concept is known as *locus of control* (LOC), which refers to the extent people perceive how their personal behavior influences life events. People who have an internal locus believe they are in control of their own success, including their health. People with an external locus believe things like luck determine their outcome. Which are you? Or are you somewhere in the middle?

As an example, externals, as believers in fate, have been found to take fewer precautions to

protect their health. Likewise, internals are more likely to search for health related information and engage in physical activities.

It is possible to move from an external LOC to an Internal. Educators and psychologist often suggest the following:

- Set small, quick goals with a high probability of success so you'll learn to attribute positive results to your own efforts. Include a specific out-come, a timeline, and an action plan.
- An example could be "lose 4 pounds in 5 weeks by eliminating 200 calories per day and exercising to burn off 200 calories" (400 calories × 7 days = 2,800 calories/week × 5 weeks = 14,000 calories divided by 3,500 = 4).
- Since you are prone to look externally to others for direction, rewards, and reinforcement, find people to support you in your improvement efforts and who can serve as positive role models or mentors. Ask them for guidance or resources where needed.

### Action Steps:

- ✓ Take an online health locus of control survey and complete the worksheet to learn more about yourself.
- ✓ Make a list of your targets of blame for poor health practices (e.g., lack of time).
- ✓ Work on a specific short term health goal with a high probability of success.

We're on the web!

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### Deskercise!

The Patient Printer: Why stand by the printing pages when you could be sculpting your calves with calf raises? Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down. Repeat for three sets of 12-15 reps, or until the printing, faxing, or scanning is done. Ready to level up? Try raising only one leg at a time.