Small Steps to Health and Wealth[™] Colorado



Make Progress Every Day

Use this *Make Progress Every Day Worksheet* to plan how you will make daily progress toward your **health** and **wealth** goals.

| Activity | Health Goal: | Wealth Goal: |
|---|--------------|--------------|
| Write a daily "positive self-talk" sentence for your goal. | | |
| Describe a daily learning activity related to your goal. | | |
| List your five best 10-minute chunks of time for your goal. | | |
| List daily action steps related to your goal. | | |



Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.

Portions of this session were adapted and excerpted from the following book: O'Neill, B. and Ensle, K. (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, The State University of New Jersey, the University of Arizona Cooperative Extension, and the University of Florida Extension. For additional information about purchasing the Small Steps to Health and Wealth book, visit www.nraes.org. The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant number 2011-46100-31139. Program Materials –June, 2013.