

Potty Pointers

Small Steps to Health and Wealth

Researchers have identified proven behavior change strategies that can help make your New Year's resolutions stick. Use these strategies to reach your health and personal finance goals. Here are a few tips to help you get started:

- **Set Specific Goals** — Behavior change is more likely to occur if you have a written goal. Include a timeline and dollar amount or health benchmark.
- **Think Positively** — People with negative thought patterns give up more quickly than those with a positive outlook. Use positive terms in your written goals.
- **Find a Place to Start** — The thought of changing long-term habits can be overwhelming. Procrastination can derail your resolution. Sometimes, people want to change but they are uncertain of where to start. You may need to do some research to find recommendations that you can apply to achieve your goal. A great source of unbiased health and wealth information is www.arfamilies.org.
- **List Personal Action Steps** — Decide on specific action steps you can take to achieve your goal. For example, increase savings by 1% or eat 2 servings of fruit every day.



Learn more strategies for success with Small Steps to Health and Wealth.

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