Small Steps to Health and Wealth™ Colorado Planning Worksheet

“The first wealth is health.”
Ralph Waldo Emerson

My health goals are (be specific):

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Below is a picture of my health goals:

Obstacles I may have in reaching my health goals are (be specific):

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My wealth goals are (be specific):

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Below is a picture of my wealth goals:

Obstacles I may have in reaching my wealth goals are (be specific):

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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 2011-66100-31139. Program Materials - June, 2013.
“The secret of your future is hidden in your daily routine.”
Mike Murdock

I can avoid obstacles to my **health** goals by:

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I can avoid obstacles to my **wealth** goals by:

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Five small steps toward my **health** goals:
1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________
5. ___________________________________________

Five small steps toward my **wealth** goals:
1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
4. ___________________________________________
5. ___________________________________________

Progress check-up dates for **health** goals:
________________________________________________________________________
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Progress check-up dates for **wealth** goals:
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Reward to myself for achieving **health** goals:
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Reward to myself for achieving **wealth** goals:

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