



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 our 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 percent or eat 2 servings of fruit every day.

Learn more strategies for success. Join Extension's "Winter 2012 Small Steps Challenge." This free six-week program will be held from Sunday, January 15, through Saturday, February 25, 2012. Visit www.arfamilies.org, click on the **Small Steps** link.



**DIVISION OF AGRICULTURE
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