

# Potty Pointers

## Control Your Environment

The right environment can make it easier to improve your health practices and money management behaviors. Likewise, a bad environment can lead you astray. The term “stimulus control” refers to changing your environment to inspire certain behaviors.



### Take action to control your environment:

- 1. Identify negative environments.** Trying to cut back on spending? Window shopping can be a negative environment.
- 2. Avoid negative stimulus.** Plan to exercise after work? Don't sit in the living room and turn on the television.
- 3. Use positive stimulus.** Cutting back on junk food? Purchase healthy snacks. Have them washed and ready to serve.

Some things in life are beyond control. So, be assertive in controlling the things you can. Create a positive environment to improve your health and increase your wealth.



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