

Potty Pointers

Put Your Mind to It!



Make up your mind to improve health and build wealth. Think positive. Remember your strengths and successes, and change negative influences that may surround you. Declare “I can” and “I will.” Change your life by visualizing what you want to achieve.

- **Set aside some quiet time to visualize** yourself making behavior changes to improve health or build wealth.
- **Write an “I will” statement** to describe each behavior change. “I will increase my retirement savings by 3%.”
- **Speak of positive behaviors in the present tense** and negative behaviors in the past tense: “I used to be a couch potato” or “I enjoy regular exercise.”
- **Acknowledge current positive health and wealth behaviors** that you’ve already achieved.

Having a positive mindset can make your dreams a reality. Researchers have identified positive thinking as a proven technique for changing behavior.



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

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