

Lesson Nine: Debriefing

Small Steps to Health and Wealth Lesson Plan

Learning Objectives

Participants will:

- * Have awareness of the progress they have made.
- * Know which strategies were positive choices for them.
- * Learn new information provided by speaker.

Introduction

After the previous sessions, it is important to bring everyone together to debrief. This session will focus on helping people realize the changes they have made, in particular, determining whether people have successfully reached a goal or are making positive progress toward a goal. They will reflect on what strategies worked well for them. This session should also include a motivational speaker or similar method to celebrate progress and focus on future successes.



Content and Background

This session builds on the previous sessions. Any new content would be provided by the speaker.

Estimated Time:

60 minutes

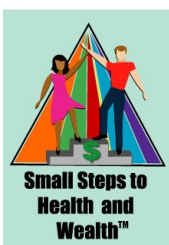
Behavioral Objectives

Participants will:

- * Celebrate the progress that has been made.
- * Have a plan for continued effort toward their goals and/or sustainability of the behavior change.

Pre-Class Preparation

Read through the lessons and strategies.
Be familiar with the worksheets.
Identify and confirm an appropriate speaker.



Portions of this lesson were adapted and excerpted from the following book: O'Neill, B. and Ensle, K. (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES. For additional information about purchasing Small Steps to Health and Wealth, visit www.nraes.org.

Materials Needed

- Workbook for participants
- Copies of activities that can be filled in during class
- Dry erase board or flip chart to record ideas generated by discussion
- Markers

Discussion and Debriefing

- Speaker should focus on celebrating efforts.
- The speaker should also be motivational, and/or speak about content that is specific to health and/or wealth.

Activities (Plan for all 3)

- My Accomplishments
- My Winning Strategies
- My Plan Going Forward

My Accomplishments

Ask for volunteers to reiterate one of the goals they proposed in the first session or two. Then ask them to consider how their efforts toward this goal have fared. Discuss. Repeat with several volunteers and suggest that they complete the worksheet at home and discuss with a family member or friend to celebrate their success.

My Winning Strategies

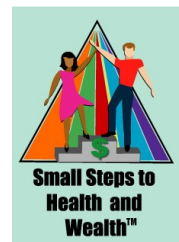
Have the participants consider the strategies they may have used. For each goal they should rate the strategies using the guidelines in the table. All scales are 1-5. Higher scoring strategies are better choices for participants.

My Plan Going Forward

Participants will make decisions about what they will be doing in the future. If they have reached their initial health and wealth goals, they should set new ones to continue bettering themselves.

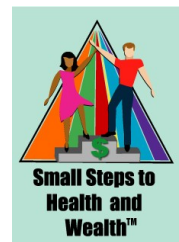
“Anything worth doing is worth doing well.”

- Unknown



My Accomplishments

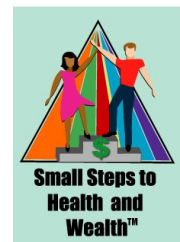
	Health Goal	Wealth Goal
State your original goals.		
How did you measure progress toward that goal?		
What progress did you make toward reaching this goal?		



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My Winning Strategies

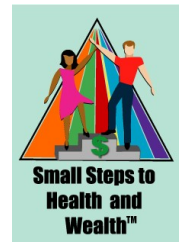
	Health Goal	Wealth Goal
Strategy Used		
Good fit for you (1-5) 1 = weak fit 5 = strong fit		
Successfulness (1-5) 1 = you made no progress toward your goal 5 = you achieved your goal		
Sustainability of the strategy (1-5) 1 = the strategy would only help you in the short-term 5 = the strategy can be useful over time		



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My Plan Going Forward

Question	Health Goal	Wealth Goal
Have I reached this goal?		
If not, what do I need to do to achieve it?		
If I have, what is my next goal?		
What strategy will I try first to reach this goal?		



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