

S.M.A.R.T.steps To Better Health



STEP 12:

COMMUNITY DEVELOPMENT

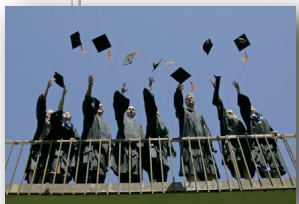
WEEK 12

GPA= TOTAL/5 = _____	"D": 1 X □'S=_____	"C": 2 X □'S=_____	"B": 3 X □'S=_____	A": 4 X □'S=_____
ENVIRONMENTAL HYGIENE	<input type="checkbox"/> If you have ever thrown garbage on the street in the past 90 days	<input type="checkbox"/> You make weekly attempts to keep your residence litter free	<input type="checkbox"/> Pick up at least 2 pieces of garbage that you did not throw down in past 90 days (PU90)	<input type="checkbox"/> You practice the recycling of paper, plastic, or batteries, and PU90
INVESTMENT IN PERSONAL DEVELOPMENT	<input type="checkbox"/> Dropped out of or did not complete high school	<input type="checkbox"/> Completed High school or GED or C student or 1-2 hours per week improving knowledge or skill (IKS)	<input type="checkbox"/> Working on or completed Bachelors, or Skilled trade, or B student, or 3-4 hours IKS	<input type="checkbox"/> More than 5 hours per week spent in improving knowledge/skill, post graduate degree, or A student
POLITICS, (KNOWLEDGE OF CURRENT EVENTS IF NOT ELIGIBLE TO VOTE)	<input type="checkbox"/> Not a Registered Voter, Review of current events 1 day per week or less	<input type="checkbox"/> Registered Voter, Review of current events >2 days per week	<input type="checkbox"/> Vote in 90% of elections, Review of current events > 5 days per week	<input type="checkbox"/> Written letter to political leader to inform them of your opinion on an issue
GLOBAL ENVIRONMENTAL CONCERNS	<input type="checkbox"/> Never heard of global warming before this report card	<input type="checkbox"/> Reviewed some information concerning global warming	<input type="checkbox"/> Some assessment of your carbon dioxide "footprint"	<input type="checkbox"/> Plan to reduce your carbon dioxide "footprint"
COMMUNITY SERVICE (VOLUNTEER WORK)	<input type="checkbox"/> No evidence of community service	<input type="checkbox"/> 5 hours of community service per year	<input type="checkbox"/> 5 hours of community service per month or donate blood at least once in past year	<input type="checkbox"/> Minimum of 2 hours of community service per week (volunteer)

“I am grateful for taking steps to better my community”

Building a Better Community

After the family, the next building block is the community, which represents groups of people with a unifying objective belief, or common interest. It can represent a neighborhood, a workplace or an organization such as a church. As individuals better themselves their communities improve and vice versa. Probably one of the most helpful investments include investments in personal development, with the greatest benefits from finishing high school. It has been estimated that each high-school drop out costs society approximately \$200,000 in their lifetime.



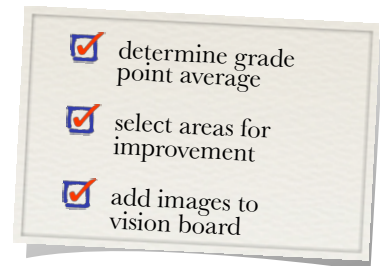
1) Determine your grade point average (GPA):

As before start from left and move right and pick the condition that best describes your current state. It is recognized that some municipalities do not have a formal recycling plan, that does not mean that you cannot recycle. Where there is a will there is a way, find it. If there is no local recycling program, write a letter to a legislator, you will get points for this :-). To determine your GPA, add up the weighted column totals, and divide by 5.

2) Select areas for improvement:

After determining your score, take 20 minutes to list out as many things that you can think of to do to better your community (neighborhood, job, or organization). What skill or behavior that if you were better or more consistent would improve the quality of life for your community? After developing this list

(should be written in your journal), star the items that would help your family the most. Star no more than three. For those that are employed, emphasize a skill or behavior that would make it easier for you to do your job.



3) Add these images to your vision board:

Find images that represent the skill you need to develop or the behavior that you need on a more consistent basis. Add these to your image board and visualize your better community every evening and every morning.

One skill to consider developing is effective communication. This is because to accomplish what we need, we will often do better when we work effectively with others. There are three parts to your ability to effectively communicate: Ethos (perception of your character), Pathos (how well you identify the emotional need of others), and Logos (the logical argument). The first two are the most important. Also, effective listening will be of great value as many will not listen to you until they feel they have been heard. Get into the habit of repeating what you think you have heard before answering.

