

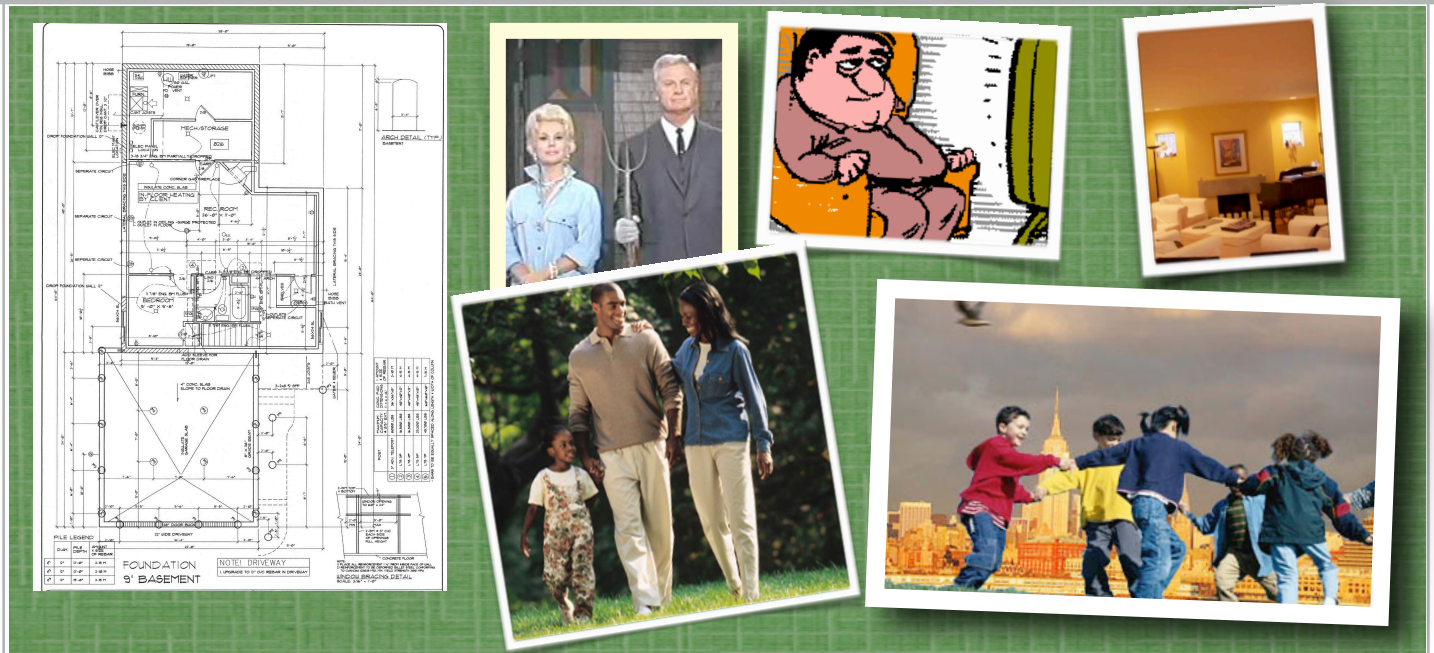
S.M.A.R.T.steps To Better Health



STEP 8:

REFLECTING ON MY BLUEPRINT

WEEK 8



“What is contributing to my blueprint”

Reflection

In the prior step the emphasis was on determining the amount of physical activity that you get and your level of fitness. We will now try to better understand why, by assessing your “blueprint”. This blueprint represents your beliefs about health behavior and living an active lifestyle. The goals for this week will mainly involve reflection. It is very important to write down your observations so that you can refer, and add to them later.

1) Examine Your Past: What are the images and the messages that are in your past about being active. What was modeled by your parents? Did they have active or sedentary lifestyles? Did they exercise regularly, get their exercise mainly from activities in their life? Were you encouraged to be active or sedentary? Take 20 minutes just to jot down what

comes to mind concerning what your past may have taught you about exercise and being active.

2) Examine Your Present: Your present environment also contributes to your blueprint. This would include conversations with your peers, and the images and messages that are presented to you on a daily basis. Start with your home,

- journal your past
- journal your present
- assess how your spend your time

room by room and ask if there are messages that encourage or discourage and active lifestyle. Take

note of the images and messages that are presented to you daily by way of advertisements, TV/Radio programs, and conversations with others. Do they encourage or discourage an active lifestyle. Record your observations in your journal.

3) How do you spend your time?

Take a couple of minutes and estimate the amount of time you spend each day doing the following activities:

ACTIVITY	ESTIMATE	ACTUAL
driving		
sitting		
standing		
walking		
lying down		

After estimating, measure this of the course of a day to get closer to the actual number. You need not be 100% accurate, but get as close to the hour as you can.

In the book, “Secrets of a Millionaire Mind by T Harv Ecker, he makes that statement that we all have a blueprint for the amount of money we have. Make more than your blueprint says and you will spend it, have less than your blue print and you will save. The “blueprint” comes from our deep beliefs about money which are often derived from messages in our past and behaviors that we have seen modeled by those important to us. If you want to change the amount of money you have your must change your blueprint. Similarly if you want to change your health behavior, you must change your health behavior blueprint.

