

# Small Steps to Health and Wealth™ Colorado Planning Worksheet



**“The first wealth is health.”**

**Ralph Waldo Emerson**

My **health** goals are (be specific):

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My **wealth** goals are (be specific):

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Below is a picture of my **health** goals:

A large, empty rectangular box with a black border, intended for drawing or illustrating health goals.

Below is a picture of my **wealth** goals:

A large, empty rectangular box with a black border, intended for drawing or illustrating wealth goals.

Obstacles I may have in reaching my **health** goals are (be specific):

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Obstacles I may have in reaching my **wealth** goals are (be specific):

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Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.

**“The secret of your future is hidden in your daily routine.”**

**Mike Murdock**

I can avoid obstacles to my **health** goals by:

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I can avoid obstacles to my **wealth** goals by:

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Five small steps toward my **health** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Five small steps toward my **wealth** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Progress check-up dates for **health** goals:

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Progress check-up dates for **wealth** goals:

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Reward to myself for achieving **health** goals:

Reward to myself for achieving **wealth** goals:

