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The Big Why

DROUGHT OF PURPOSE

- Without direction, it's difficult to make progress
- Impacts productivity
- Your potential stays “in the box”



Education vs. Inspiration

MAKE BETTER DECISIONS TOMORROW THAN YOU DID TODAY

- People inherently know what to do
- A lack of education is not the problem
- Application of knowledge to behavior is



Inspirational Programming



Make sure programs and deliverers of health solutions are focused on *sustainable* behavior change and purpose

A Caveat to the Right “WHY”

TEST OUT YOUR
WHY

Make sure it's working



“The Big What”

Maslow's Hierarchy of Needs



UNDERSTANDING THE WHAT

- A critical piece of the puzzle to creating lasting behavior change
- Focus on more than basic needs ... we need early wins
- These steps help achieve higher-level self-actualization goals

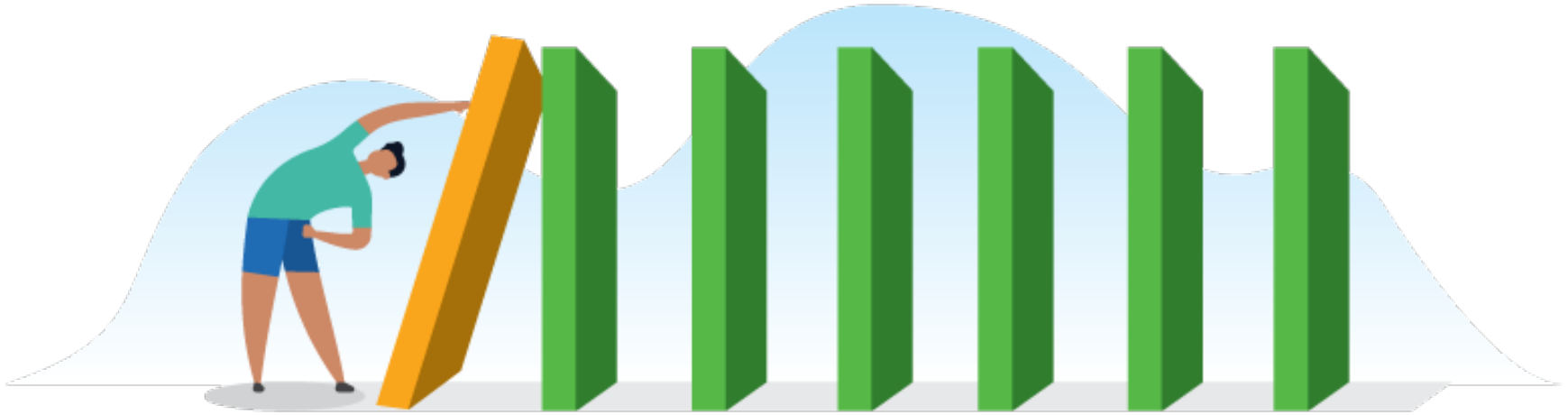
Consider Your Whole Person



Look beyond diet and exercise ...
consider choosing something to work
on from the following categories:

- Stress
- Relationships
- Parenting
- Financial health
- Emotional health
- Social health

DOMINO EFFECT OF POSITIVE CHANGE



Yes, but HOW?



Put your
WHY
in front of you
EVERYWHERE!

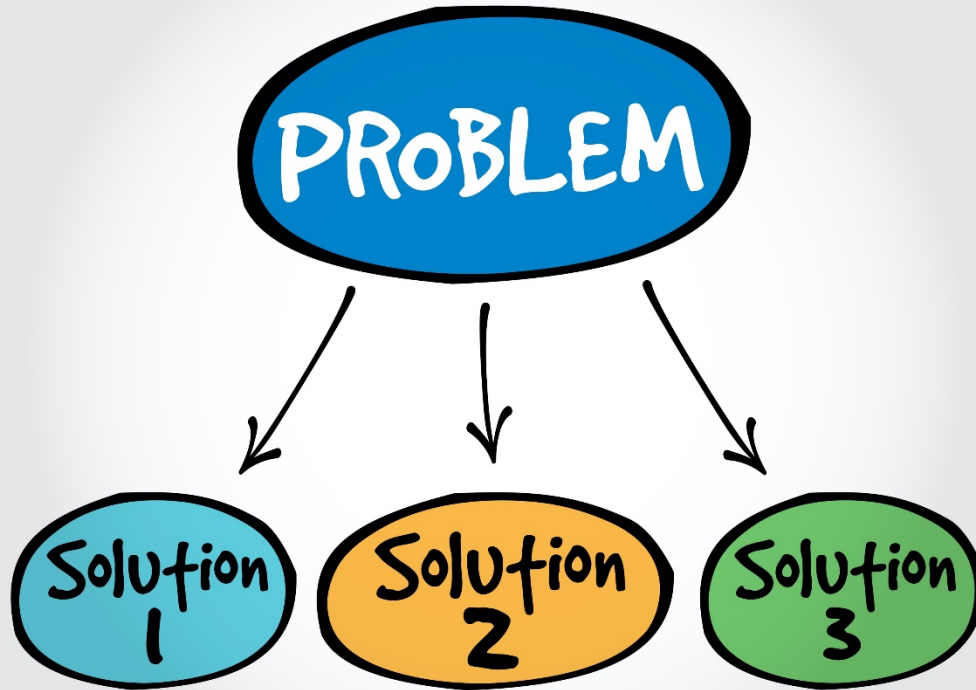
The Daily Challenge



IMPLEMENT DAY-TO-DAY, PIVOTAL CHANGES

- Is this decision *for* or *against* your goal?
- Put a plan in place to change the habit
- Test it out until it works!

SMART Goals & The Big But



PROBLEM-SOLVING METHOD

- 1) Consider the problem
- 2) Discuss the barriers
- 3) Brainstorm possible solutions
- 4) Choose one to try
- 5) Evaluate and try again, if needed

No Bow to Tie

