

HopeSource's Healthy Investments: Change behavior for the better

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Contributed

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Posted: Tuesday, December 3, 2013 1:30 pm | Updated: 2:26 pm, Tue Dec 3, 2013.

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Have you ever been motivated to join the gym because of an action movie? Did you ever start to eat more salad because you wanted to look like a movie star? Dr. BJ Fogg, a behavioral scientist at Stanford, noticed that you can do one of three things to make sustainable behavioral change:

- Have an epiphany
- Change your environment
- Take baby steps

Movies give us a lot of epiphanies, but unless we have superhuman willpower, our resolve withers and we return to our previous patterns. Dr. Fogg suggests making minor changes in our environment and taking tiny steps toward the lofty goals we set for ourselves. Most importantly, Fogg takes his own medicine — and he's made it work.

Fogg started by doing two pushups after using the bathroom — he worked from home so he rarely used public restrooms. Two pushups started to get easy, so he bumped it up to eight and then fifteen. Now, Fogg does more than 100 push-ups a day and has lost 25 pounds.

Everyone wants to spend less and eat better, so we will provide tips in both of these areas you can apply to make behavioral change easy.

Finance behavior

Make payments on your credit card at the end of the week to control spending. Making your payment once a week will make you more aware of your spending, and help you stick to a weekly budget. Put a Post-it note on your credit card, or set an alarm for every Saturday to remind you to pay your balance. A word of caution: Call your credit provider to check its billing policies. Paying on a weekly basis may inadvertently start a new billing cycle and cause issues.

Health behavior

One of the largest barriers to eating healthy is convenience. Change your environment. Make it more convenient to eat healthy this week by purchasing a pound of pre-washed raw greens like spinach or spring mix. You don't have to commit to eating them; just make it a habit to purchase the greens. Your health is worth the \$7 risk.

HopeSource is a private, nonprofit organization that has provided a wide range of human services in Kittitas County since 1966. Learn more at www.hopesource.us.