



## *Small Steps to Health and Wealth*

November 30, 2016

### **Resources**

#### **Online Resources**

1. **The Small Steps to Health and Wealth (SSHW)** website from Rutgers University provides a free, download of the SSHW book, monthly health and wealth messages, videos, and a bibliography of the research background of the program: <http://njaes.rutgers.edu/sshw>
2. **The Small Steps to Health and Wealth (SSHW)** website from Colorado State University Extension provides self-study guides, worksheets, and videos for 13 of the behavior-change strategies of the program: [www.ext.colostate.edu/smallsteps/](http://www.ext.colostate.edu/smallsteps/)
3. **Small Steps to Health and Wealth™ Idaho: Compare Yourself with Recommended Benchmarks** worksheet  
[www.msuextension.org/solidfinances/resources/2016/sshw/compareyourself.pdf](http://www.msuextension.org/solidfinances/resources/2016/sshw/compareyourself.pdf)
4. **Small Steps to Health and Wealth™ Idaho: Consider Outside Influences on Health and Wealth** worksheet  
[www.msuextension.org/solidfinances/resources/2016/sshw/consideroutsideinfluences.pdf](http://www.msuextension.org/solidfinances/resources/2016/sshw/consideroutsideinfluences.pdf)
5. **Small Steps to Health and Wealth™ Idaho: Step Down to Change** worksheet  
[www.msuextension.org/solidfinances/resources/2016/sshw/stepdowntochange.pdf](http://www.msuextension.org/solidfinances/resources/2016/sshw/stepdowntochange.pdf)
6. **Small Steps to Health and Wealth™ Idaho: Make Progress Every Day** worksheet  
[www.msuextension.org/solidfinances/resources/2016/sshw/makeprogresseveryday.pdf](http://www.msuextension.org/solidfinances/resources/2016/sshw/makeprogresseveryday.pdf)
7. **Small Steps to Health and Wealth™ Idaho: Planning** worksheet  
[www.msuextension.org/solidfinances/resources/2016/sshw/planningworksheet.pdf](http://www.msuextension.org/solidfinances/resources/2016/sshw/planningworksheet.pdf)