

**Keys to Success**  
**Volume 1, Issue 1**  
**January/February 2007**

## **Intentional Change**

Happy New Year! It's the time of year when millions of Americans traditionally make New Year's Resolutions. What are resolutions? They're *firm decisions* about lifestyle change. Many people are unsuccessful because they treat resolutions like wishes - things merely *desired or wanted*. As you proceed with your plans this year, begin or continue to develop **lifelong healthy habits**, and strengthen your natural change process. *Intentional or planned change* has three distinct features. In Health Guide 2 of the core Wholistic Health Self-Management Program I explain that this type of change is chosen on **purpose**, with a **plan** in mind, and for a purpose - **positive health outcomes** (p. 99).

## **Be Whole & CEO**

What are the **two foundations** for the Wholistic Health Self-Management Program? First, wholistic health. **Wholistic Health is the Goal!** In the model above you'll see areas where you can make investments, grow and develop. Just like the body-mind connection, there are connections between your spirit, mind, body, relationships, and the environment. When you make changes in one area they can positively impact health in other areas. Second, self-management. **Self-Management is How You Get There** - with the **Healthy Action Plan Process!** Personal change requires a strong leader and manager. In Health Guide 1 of the program I talk about the self-leader role in laying the foundation for change with purpose, priorities and rules. If your self-manager tries to carry out plans without the foundation, your plan may crumble. A *Key to Success* is to be a strong self-leader, or CEO, and strong self-manager. Wholistic Health Education Services would like to help you with your health goals! For further information about the core Wholistic Health Self-Management Program refer to our product section. Contact us if you are questions, and come back to visit our web site for the March/April Issue of *Keys to Success*. You'll learn about skills for Power Event I of the Healthy Action Plan Process.

*Dr Jan*

**Keys to Success**  
**Volume 1, Issue 2**  
**March/April 2007**

## **Steps to a Healthier US**

Are you ready to step up to the next level of health? If your answer is yes you've come to the right place. Sometimes it's overwhelming when there are so many areas of health that need attention. I like the national "**Steps to a Healthier US**" Initiative. It's about four basic steps that significantly protect your health against serious conditions like heart disease and stroke, cancer and diabetes.

- **Get** regular screening
- **Eat** nutritiously
- **Make** other healthy choices such as avoid unhealthy drugs, alcohol, tobacco
- **Be** physically active every day

Like the ABCs of CPR, think of healthy meals-snacks and activity as primary actions that provide you with the air, nutrients and circulation you need to keep revived and refreshed. **March is National Nutrition Month** – a perfect time to think about a small nutrition change. Changing complex behaviors, like nutrition and physical activities, requires personal change skills. That's why you need to say "Yes" to the Healthy Action Plan Process.

### **Healthy Action Plan Process - Yes** **Power Event I: Assess**

Imagine you're at my Health Camp, training for a pentathlon. In Power Event I of the personal change process you assess who you are and your health status in a specific health area. See the model above for examples of health areas. Developing the self-examination skills to answer Question #1 make this event especially powerful.

#### **Who Am I?** **Power Keys 1-6**

Portrait of Self – Real You  
Purpose & Potential  
Principles – Roles & Rules  
Priorities  
Proactive  
Positive

#### **Where Am I? Where Was I?** **Power Key 7**

Past & Present Strengths, Risks and Areas to Improve

Wholistic Health Education Services would like to help you with your health goals! For further information about the core Wholistic Health Self-Management Program refer to our product section. Contact us if you have questions, and come back to visit our web site for the May/June Issue of **Keys to Success**. You'll learn about skills for Power Event II of the Healthy Action Plan Process.

*Dr Jan*

**Keys to Success**  
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## **What's your Problem - Need?**

In Issue 2 I began a five-part series to outline the **Healthy Action Plan Process**. The focus for March/April was Power Event I, Keys 1-7, to help you assess where you are in your "**wellness walk**." You may have written down your strengths, risks and areas to improve. Now it's time for Power Event II, Key 8, to diagnose your problem or need. There's a popular saying: "In Diagnosis, think of the easy first."\* In everyday life you diagnose problems and needs all the time. For example, here's a common problem and need in the physical area. About 60% of Americans do not get the recommended amount of daily physical activity. A general guideline, for a moderate physical activity level, is at least 30 minutes, up to 60 minutes a day, in addition to your daily activities.\*\* Is inactivity one of your problems, and an active lifestyle one of your needs? May is **National Physical Fitness & Sports Month** - a perfect time to get outside for your favorite physical activities.

### **Attention - America's 2.9 Million Nurses**

Celebrate National Nurses Week May 6-12, 2007  
Invest in your Health Now by checking out the  
Wholistic Health Self-Management Program

\*\*Champagne, M.A., Lamendola, C., & Miller, N.H. (Eds.). (2006). National Guidelines for Tools for Cardiovascular Risk Reduction: A Pocket Guide. Preventive Cardiovascular Nurses Association.

\*Jones, S. (1987). Why do I misdiagnose the patient I know best? RN, 20, 36-37.

Stephens, J.E. (2006) Wholistic Health Self-Management Program - Core Content. Health Guide 1: Be Whole & CEO, Health Guide 2: Healthy Action Plan Process - Yes. Belle Fourche SD: Wholistic Health Education Services.

**Keys to Success**  
**Volume 1, Issue 4**  
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## **Happy Independence Day!** **Are you Ready for a Change?**

In the United States of America it's a time to celebrate our national and personal freedom. Use your freedom to move toward wholistic health. Creating each healthy habit involves moving through several stages - from not thinking about it, to thinking about it, planning it, implementing it, and maintaining it. The ultimate stage is to have a **Lifelong Healthy Habit**. A key to success is to strengthen your personal process of change. This is part three of a five-part Healthy Action Plan Process outline. The first part focused on Power Event I, Keys 1-7, to help you assess where you are in your "wellness walk." The second focus was to Diagnose your problem or need. This issue outlines Power Event III - the Plan. Three key questions successful self-leaders and self-managers ask themselves when planning change are:

### **Where am I Going? How Will I Get There? What's My Decision?**

How do you get from where you are to where you want to be? Remember, people "do not plan to fail, but they frequently fail to plan." Here are Powerful Keys to help you personalize your plan.

#### **Power Key 9**

**Pros & Cons.** The more "Cons" you have the greater your probability of success.

#### **Power Key 10**

**Personal Goals & Action Prescriptions.** The more specific you are the better.

#### **Power Key 11**

**Personal, social and environmental supports with a plan to use them, and  
Personal, social and environmental barriers with a plan to control them.**

#### **Power Key 12**

**Prepare to Proceed if you have a priority plan,  
and are confident in your ability to succeed.**

**Priority + Confidence = Ready**

#### **Power Key 13**

**Pledge & Partner.** Writing out a confession or affirmation of your action goal will reinforce your plan. Having a support person adds strength to your change process.

### **Power Key 14**

**Planned Reinforcers, Rewards & Progress Tracking.**  
You know yourself best. What motivates you to succeed?  
Decide how you will monitor your progress.

If you would like further instructions and tips for developing your personalized plan see the product link to **order** the core Wholistic Health Self-Management Program. **Happy Planning!**

**Dr Jan**

**Reference:**

Stephens, J.E. (2006). Wholistic Health Self-Management Program - Core Content. Health Guide 1: Be Whole & CEO, Health Guide 2: Healthy Action Plan Process - Yes. Wholistic Health Education Services.

**Keys to Success**  
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## **Get in the "Action" into the "Fun" part of your Healthy Action Plan**

The season is changing. Summer is almost over and many are settling into a more routine lifestyle for Fall. It's a perfect time to examine your progress toward lifelong healthy habits. I've gradually moved from a sedentary lifestyle 10 years ago to an active lifestyle. I met my healthy activity goals for summer by completing my first half-marathon, climbing a 14,000 ft. mountain and receiving a Gold Medal in the Wyoming Senior Olympics in the 5K Run. I'm now faced with the challenge of maintaining a minimum of 30 minutes of physical activity a day. I know I can do it and I know you can gradually progress toward **your** healthy goals also.

This is part four of a five-part Healthy Action Plan Process outline. The first part focused on Power Event I, Keys 1-7, to help you assess where you are in your "wellness walk". The second focus was to Diagnose your problem or need. In the third part, Power Event III - the Action Plan was outlined. In this issue you'll review the Power Keys for Power Event IV - Implementation - the action part. As one of my nursing students once said, it's the "fun" part. At this stage of change ask yourself how you'll progress toward your goal. In other words, review the skills and supports you need to be successful with your change project. Refer back to your plan to maximize your supports and minimize your barriers. If you're familiar with most action plan processes you'll recognize the importance of Power Keys 15 and 17 - practicing, tracking your progress, and using positive reinforcers and rewards. I'd like to emphasize the **self-leadership and management skills** in Power Key 16. Think of them as "character traits" that you can develop or enhance to support your progress. Practice being patient with yourself, persistent in your journey toward a healthy habit, and be confident and in control.

### **Power Key 15**

Proceed, Practice & Track Progress

### **Power Key 16**

Patient, Persistent, Confident & in Control

### **Power Key 17**

Positive Reinforcers & Rewards

If you would like further instructions and tips for using the implementation power keys see the product link to **order** the core Wholistic Health Self-Management Program. **Enjoy the journey!**

*Dr Jan*

**Keys to Success**  
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**November/December 2007**

What an exciting year! After receiving the University of Wyoming 2007 Fay W. Whitney School of Nursing Alumni Award I was offered a position as the Edward A. Whitney Endowed Nursing Chair for Sheridan College – a joint position with the University of Wyoming. I work with Associate Degree nursing students and nurses who want to work on their bachelor's degree in nursing...and I'm looking for ways to expand my health promotion role. Like you I'm faced with the challenges of maintaining a healthy lifestyle.

This is part five of a five-part Healthy Action Plan Process outline. The first part focused on Power Event I, Keys 1-7, to help you assess where you are in your "wellness walk". The second focus was to Diagnose your problem or need. In the third part, Power Event III - the Action Plan was outlined. In part four you reviewed the Power Keys for Power Event IV - Implementation - the action part. This final issue for 2007 focuses on Power Event V – Evaluate, Keys 18-20. As we come to the close of the year I'm giving you three Power Keys to help you **evaluate** your wellness practice.

**Power Key 18**

Progress toward Action Goals

**Power Key 19**

Positive Health Outcomes

**Power Key 20**

Primary Meaning of the Healthy Action Plan -Yes (HAPPY)  
Experience & Decisions

In reflecting on the power keys for this Issue I'd like you to remember three things. **First**, evaluating progress toward your action goals is ongoing - a lifelong process. For example, it took me 10 years to move from a sedentary lifestyle to an active lifestyle. That doesn't mean it would take you that long to make a change, but the strategies are like training for a marathon. The goal is for you to develop lifelong healthy habits. **Second**, positive health outcomes are the benefits of healthy actions. Health is the Goal – not just weight loss, etc. **Third**, it's essential to evaluate the primary meaning of your Healthy Action Plan experience, and make decisions for the next step in your journey toward health. Your natural process of change is unique to you. Keep in mind that it takes a confident self-leader and self-manager to move you from where you are to where you want to be, and keep you there.

If you would like further instructions and tips for using the evaluation power keys see the product link to **order** the core Wholistic Health Self-Management Program. **Enjoy the Journey!**

*Dr Jan*

**Reference:**

Stephens, J.E. (2006). Wholistic Health Self-Management Program - Core Content. Health Guide 1: Be Whole & CEO, Health Guide 2: Healthy Action Plan Process - Yes. Wholistic Health Education Services.