



LESSON 7: MY WORLD & CULTURE STRATEGIES

TALKING POINT: These two strategies are similar. Using the My World Strategy means to fully & completely understand how the habit you want to change negatively impacts the people & environment immediately around you. Using the Culture Strategy means to be aware of all the ways our culture encourages us to use undesired habits & encourages us to use desired habits.

EXAMPLE: My World – smoking is an easy example of how a habit has negative consequences on the world around the smoker.

Culture – All the inducements to “buy the latest model” can have a powerful impact on the desire we may have to save money. Conversely, the availability of the InTraining program is a wonderful opportunity that just didn’t exist a few years ago in the culture.

QUESTIONS: How does your lack of exercise negatively influence people around you?

OPTIONAL TALKING POINT: An activity that is a key part of the My World Strategy is to ask people around you how the habit you want to change negatively impacts them. You might be soooo surprised at what you hear. And...maybe not.

QUESTION: What might make this conversation difficult? Why might we be reluctant to ask?

TALK ABOUT DURING THE RUN AND/OR HOMEWORK: Think of who is most negatively impacted by the habit you want to change and who would be the most positively impacted by the habit you want to acquire.

READING from The Beginning Runner’s Journal: No page correlates with these topics.

FOR MORE INFORMATION: Go to www.habitshift.com or www.sportmedbc.com/habitshift