

Living Life Richer

K·STATE
Research and Extension

Family and
Consumer Sciences

Donna Martinson, Geary County Family and Consumer Sciences Agent
Charlotte Shoup Olsen, Family Systems Specialist
Mary Meck Higgins, Human Nutrition Specialist
Carol Young, Family Financial Management Specialist
Sharolyn Jackson, Northeast Area Family and Consumer Sciences Specialist

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service

Note to facilitator: Additional supplemental materials for *Living Life Richer* may be found at the Families website (www.ksre.ksu.edu/families/DesktopDefault.aspx?tabid=61):

Living Life Richer Statements and Quotes

Living Life Richer Suggestions for Adult Educators

Living Life Richer Contemplation Photos

Using an Audience Response System

(Audience Response Systems are available for agents to check out from most area offices and IET.)

Use an Audience Response System (“clickers”) to involve participants (and to administer a quick evaluation). Make the statements appropriate to the audience. Statements may be in a True/False or multiple choice format. Some possible statements/questions that could be used include the following True or False statements:

- I currently devote as much time and attention to relationships with family and friends as I'd like.
- More often than I'd like, the values I think it takes to be a good employee (or boss) conflict with what I think it takes to be a good spouse/parent.
- I am guilty of placing more demands on myself without letting go of other obligations on my time and energy.
- Family or personal financial pressures are continually on my mind.
- My eating and physical activity habits will help me live a long, healthy life.
- Too often I practice expedient, reactive parenting instead of thoughtful, proactive parenting.
- Every day my actions and words let those I love know I love them.
- I am constantly giving and doing for others and have little or no time for myself.
- I routinely protect my health by such practices as using my seat belt, applying sunscreen, getting enough sleep, getting regular physicals, and not smoking or using tobacco products.
- After participating in this living life richer discussion, I have identified at least one behavior in my relationships, health habits, use of money, or personal growth that I intend to implement to help me with living life richer.

Living Life Richer Readiness for Change Continuum

To increase your likelihood for change, use a specific behavior such as:

“Increase my daily physical activity by 10 minutes.”

“Pay off all credit card balances and not charge more than I can pay off at the next billing.”

“Eat evening meals with my family at least five days a week,” or

“Set aside at least 10 minutes a day to nurture self.”

What barriers might you face when making a change?

How can you overcome these obstacles?

Goal 1: _____				
1	2	3	4	5
Not ready or intending to change	Intend to change later	Intend to change in the next 30 days	Have made some changes, need support to keep going	Changes have been made and can be maintained
Goal 2: _____				
1	2	3	4	5
Not ready or intending to change	Intend to change later	Intend to change in the next 30 days	Have made some changes, need support to keep going	Changes have been made and can be maintained
Goal 3: _____				
1	2	3	4	5
Not ready or intending to change	Intend to change later	Intend to change in the next 30 days	Have made some changes, need support to keep going	Changes have been made and can be maintained

Haiku Poetry

Compose a Haiku (pronounced HI-coo) poem related to living life richer. Haiku is a poetic form and type of poetry from the Japanese culture. Haiku combines form, content, and language in a meaningful, yet compact form. Haiku is used to write about everyday things. Use simple words and grammar. The most common form for Haiku is three short lines. The first line usually contains five syllables, the second line seven syllables, and the third line five syllables. Haiku doesn't rhyme. A Haiku must "paint" a mental image in the reader's mind using only meaning and imagery in only 17 syllables. See the following website for more information: <http://volweb.utk.edu/school/bedford/harrisms/haiku.htm>

First line (five syllables) _____

Second line (seven syllables) _____

Third line (five syllables) _____

First line (five syllables) _____

Second line (seven syllables) _____

Third line (five syllables) _____

First line (five syllables) _____

Second line (seven syllables) _____

Third line (five syllables) _____

Living Life Richer Participant Evaluation

1. Because of your participation in this program, did you learn anything new? YES NO
 2. If yes, what did you learn?

3. Because of your participation in this program, do you plan on taking any action or changing anything in your life? YES NO
 4. If yes, what?

5. For the following questions, please place a check in the appropriate box.

	Definitely false	More false than true	In between	More true than false	Definitely true
As a result of taking part in this program, I have more positive feelings about this topic.					
Overall, I rate this program as excellent.					
Overall, I rate this instructor as an excellent teacher.					

Thank you for completing this evaluation. Please return the completed form to:

Charlotte Shoup Olsen
 Extension Specialist in Family Systems
 Kansas State University
 School of Family Studies and Human Services
 343 Justin Hall
 Manhattan, KS 66506

If you have questions, please contact Dr. Olsen at colsen@ksu.edu or 785-532-5773.

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Publications from Kansas State University are at: www.bookstore.ksre.ksu.edu

Date shown is that of publication or last revision.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved.

In each case, credit Donna Martinson, et al., *Living Life Richer, Supplemental Materials*, Kansas State University, August 2010.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

MF2934

August 2010