



TINY HABITS[®]

**A POWERFUL METHOD THAT MAKES
BEHAVIOR CHANGE EASY AND FUN**

Tiny Habits Makes Behavior Automatic

Habits are behaviors you do automatically, without thinking a lot about it.

Tiny habits is a method developed by BJ Fogg, a professor at Stanford University. Tiny habits helps you create good habits quickly and easily because it makes your new behavior simple to do....and you don't need a lot of motivation or self-control to do it.

Tiny habits is for things you do every day because daily habits can have the biggest impact on your life.

WHAT IS

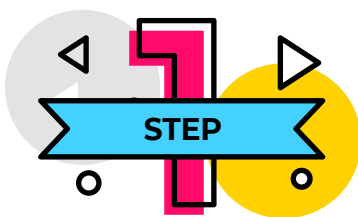
Tiny Habits?



A tiny habit is a behavior:

- *You do at least once a day, every day*
- *Takes less than 30 seconds to do (without timing)*
- *Requires very little effort*
- *You want to do (not "should" or "have to")*

Three Steps for Creating Tiny Habits



CHOOSE YOUR TINY HABIT

Choose a new behavior you want to make into a habit. Make the behavior REALLY TINY and VERY SPECIFIC. Your behavior can either be a tiny version of a larger behavior or the first step in a series of steps.

Tiny versions

- Floss one tooth
- Read 1 sentence in my book
- Do 2 squats
- Pay 1 bill
- Take 2 slow, deep breaths

Starter step

- Chop one onion for soup
- Write down one item on my to-do list
- Put the cat food by the cat's bowl
- Fold one item of clean clothes
- Stack dirty dishes in the sink



ANCHOR YOUR TINY HABIT

Connect (anchor) your tiny habit to something you already do every day. Make sure the anchor is super SPECIFIC. Your anchor and tiny habit should be related by behavior, time, frequency, purpose, and location.

1. After I brush my teeth, I will floss one tooth.
2. After I get into bed, I will pick up my book and read one sentence.
3. After I open my eyes in the morning, I will tell myself it's going to be a great day.
4. After I turn on my phone, I will write down one item on my to-do list.
5. After I walk into the kitchen, I will put the cat food by the cat's bowl.



CELEBRATE!

Celebrate immediately after you do your tiny habit. Your celebration should be something you say or do (or both together) that gives you an immediate feeling of joy and happiness. Celebration rewires your brain because it feels good... and feelings create behavior.

- Fist pump
- Give a thumbs up
- Clap
- Say, "YES!"
- Shout, "WOO HOO!"
- Smile at yourself in the mirror
- Do a fist pump and say "Yes!" at the same time

STEP

1

Make Your New Behavior Ridiculously Tiny



GOALS

What You'd Like to Do Every Day

NEW BEHAVIOR

The Tiniest Version or Starter Step

examples

Floss my teeth	----->	Floss one tooth
Learn to play guitar	----->	Play one chord
Read my book	----->	Read one sentence
Feel more relaxed and less stressed	----->	Take one slow, deep breath

your everyday goals

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STEP

2

Anchor Your Tiny Habit...



ANCHORS

Personal Routines You Do Every Day

examples

"Brush my teeth"
"Walk into my room"
"Put my head on my pillow"
"Sit down at the table"



your everyday routines

Four sets of horizontal lines for writing personal routines.

STEP

3

Celebrate

CELEBRATION

Celebration (Verbal, Physical, or a Combination)

examples

Clap
Do a thumbs up
Say "YEAH!"
Give a thumbs up and say "YEAH!"



your celebrations

Four sets of horizontal lines for writing celebrations.



5

Use the Tiny Habits Recipe to Create Your Tiny Habits

“After I **[trigger]**, I will **[desired behavior]**, and celebrate by **[celebration]**.”

1. After I brush my teeth, I will floss one tooth, and clap.
2. After I walk in my room, I will play one chord on my guitar, and do a thumbs up.
3. After I put my head on my pillow, I will read one sentence in my book and say, “SUCCESS!”
4. After I sit down at the table, I will take one slow, deep breath, and give a thumbs up and say, “YEAH!”

TINY HABIT #1

After I _____
 I will _____
 I'll celebrate by _____

Double check your tiny habits:

- Is your trigger specific?
- Is your behavior tiny and easy to do?
- Does your celebration make you feel good?

TINY HABIT #2

After I _____
 I will _____
 I'll celebrate by _____

Double check your tiny habits:

- Is your trigger specific?
- Is your behavior tiny and easy to do?
- Does your celebration make you feel good?

TINY HABIT #3

After I _____
 I will _____
 I'll celebrate by _____

Double check your tiny habits:

- Is your trigger specific?
- Is your behavior tiny and easy to do?
- Does your celebration make you feel good?



**Review what you've learned about tiny habits.
What surprised you, stood out for you, or caught your attention?**

**Imagine that tiny habits works great for you and you're doing several tiny habits every day.
What would you notice that would tell you that tiny habits is making a difference in your life?**

**What would family, friends, or coworkers notice that would tell them that
tiny habits is making a difference in your life?**

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