A GUIDE TO TINY HABITS
Improve your wellbeing little by little!

A TINY HABIT IS A BEHAVIOR THAT:
• you do at least once per day
• takes 30 seconds or less
• requires very little effort

WHY TINY HABITS?
• Makes behavior change and habit change less overwhelming by creating starter steps or mini versions of behavior changes we would like to make
• Boosts confidence in ability to meet goals

ANATOMY OF A TINY HABIT
The Anchor Moment
Existing habit that occurs daily

The Tiny Habit
New behavior to implement

The Celebration
Positive emotion linked to new habit

EXAMPLES OF TINY HABITS
After I brush my teeth, I will do a 30 second plank
After I get in bed, I will express gratitude
After I check my phone, I will take a drink of water

*Tiny Habits is a registered trademark, created by BJ Fogg, PhD
CREATE YOUR OWN TINY HABIT!

AFTER I…
_________________________________________________

I WILL…
_________________________________________________

MY CELEBRATION IS…
_________________________________________________

EXAMPLES TO GET YOU STARTED

ANCHOR MOMENTS
- Sit up in bed
- Turn off alarm
- Turn on shower
- Brush my teeth
- Get dressed
- Tie my shoes
- Send an email
- Turn on/off TV
- Walk in the door
- Check social media
- Send a text
- Use the bathroom
- Wash my face
- Drink coffee/tea
- Set my alarm

TINY HABITS
- 2 push-ups
- 15 second plank
- 2 squats
- 10 jumping jacks
- Take medication
- Stand & stretch
- Put on gym shoes
- Drink of water
- Put fruit in bag
- Pull cover on bed
- Wipe down the sink
- Put away one thing
- 2 deep breaths
- Express gratitude
- Open my book

CELEBRATIONS
- Pump my fist
- Clap my hands
- Smile
- Touchdown pose
- Hear fireworks
- Snap my fingers
- Whistle
- Pat my back
- Stamp my feet
- Jazz hands
- Say "I’m awesome"
- Thumbs up
- Head nod
- Do a dance
- Say "Yay!"

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