

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

It's crucial that the new habit doesn't exceed 30 seconds, or it's not a tiny habit

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

Make sure the existing habit and new habit make sense together

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



STUDENT WELLBEING
SERVICES

**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!"

