

## TINY HABITS®: KEY POINTS

**After I [trigger/cue/anchor], I will [tiny behavior], and celebrate**

### 1. What is a Tiny Habit?

- A personal behavior you do everyday
- Takes less than 30-seconds to complete (without timing)
- Requires little effort or “cost” (money, time, mental/physical effort, social deviance)

### 2. How do you create a Tiny Habit?

- Choose the behavior you want to make into a habit
- Find a routine behavior that you already do that will serve as a cue or trigger for you to do the new behavior
- Choose a verbal or physical way to celebrate each time you do a tiny habit
- Follow the formula: After I [trigger/cue/anchor], I will [tiny behavior], and celebrate

### STEP-BY-STEP

#### 1. Make the behavior REALLY tiny.

1. Floss one tooth
2. Pick up my book
3. Read 1 sentence in my bible
4. Write down one item
5. Do 2 pushups
6. Say "Welcome home, honey"
7. Put my PJs under my pillow
8. Look at my orchids
9. Put away 1 piece of paper

#### 2. Trigger the behavior by doing it AFTER something you already routinely do.

1. After I brush my teeth, I will floss one tooth
2. After I get into bed, I will pick up my book
3. After I set my morning coffee at my place at the table, I will read 1 sentence in my bible
4. After I launch my to-do list, I will write down one item
5. After I start water boiling for my tea, I will do 2 pushups
6. After I hear my husband close the front door, I will say "Welcome home, honey"
7. After I straighten the sheet, I will put my PJs under my pillow
8. After I walk through my office door, I will look at my orchids
9. After I turn off my computer at night, I will put away 1 piece of paper

#### 3. Celebrate with a small verbal or physical gesture, or both

- Fist pump
- Smile
- "Victory!"
- Clap
- "Yes!"
- "Woo Hoo!"