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