

Tiny Habits®

“The Small Changes That Change Everything”



It's about simplicity and automaticity.

Creating Tiny Habits

- Anatomy of Tiny Habits
- Anchor Moment
- Starter Step vs. Tiny Behavior
- Pairing
- Successful Tiny Habits Recipes

Anatomy of Tiny Habits

1. Anchor Moment
 - Existing routine (like brushing your teeth or finishing a meal)
 - The Anchor Moment reminds you to do the Tiny Behavior/Starter Step
2. New Tiny Behavior or Starter Step
 - Simple version of the new habit you want (Open your Sketchbook)
 - You do the Tiny Behavior immediately after the Anchor Moment
3. Instant Celebration
 - Something you do to create positive emotions, such as saying “Good job” to yourself.
 - You celebrate immediately after doing the new Tiny Behavior

Anchor Moment

Chose anchor moments that pair with the physical location, timing and frequency of your new behavior.

Starter Step vs. Tiny Behavior

Big Behavior	Starter Step	Tiny Behavior
<ul style="list-style-type: none"><li data-bbox="884 333 1116 401">● Draw for 30 minutes<li data-bbox="884 489 1126 558">● Drink a Litre of water	<ul style="list-style-type: none"><li data-bbox="1180 333 1412 401">● Open Sketchbook<li data-bbox="1180 489 1421 558">● Place bottle on counter	<ul style="list-style-type: none"><li data-bbox="1476 333 1707 401">● Sketch one line<li data-bbox="1476 489 1678 558">● Take one sip

Pairing

It's about finding the right place to plant a specific seed. When you match your seed (Tiny Behavior) with the right conditions like sunlight and water (anchor and celebrations), your seed will grow into a beautiful tree!

Theme

- Needs to make sense

Location

- Most important

Frequency

- How often does the Anchor Behavior occur

Successful Tiny Habits Recipes

Ask yourself

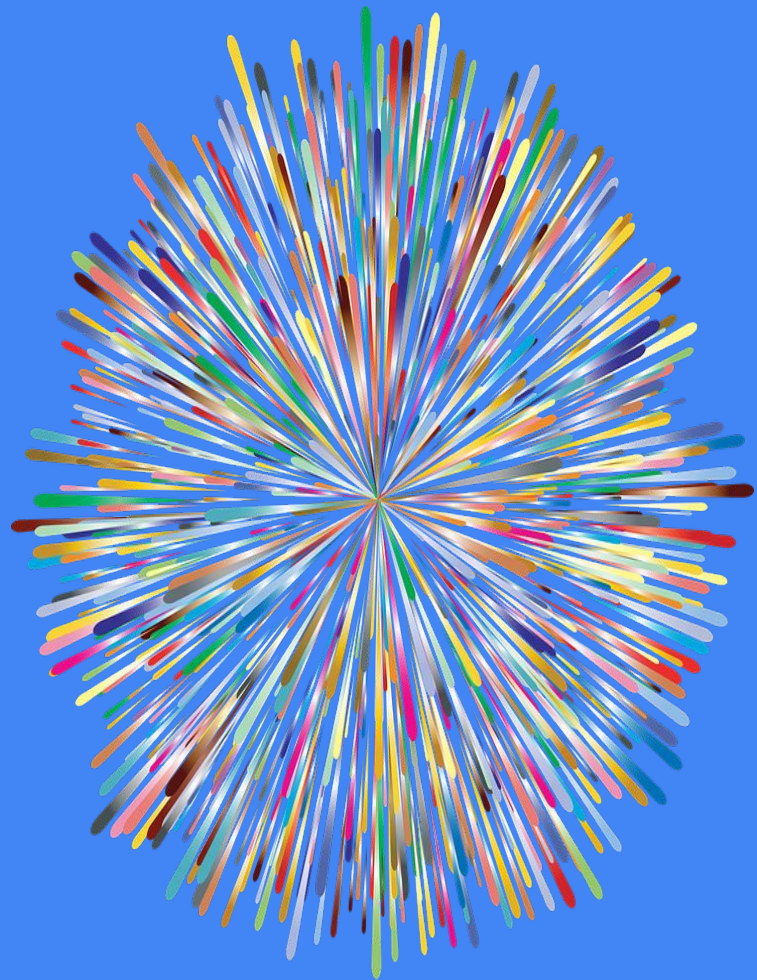
- What is my Anchor?
- Does the pairing work?
- Am I celebrating?
- Is this a behavior I want?
- Am I forgetting? Have I tried rehearsing?

You're training automaticity

- Creating habits is a skill
- It's not pass/fail
- Practice and revise to create automaticity

We change best by
feeling good.

Celebration
creates shine



Thanks!

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For more information on behavior design with the Tiny Habits method visit: tinyhabits.com

