

THE TINY HABITS METHOD: 3 STEPS TO SUCCESSFULLY CHANGING YOUR BEHAVIORS FOREVER: AN INSTRUCTIONAL GUIDE AND WORKBOOK

"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude."
- Colin Powell

A VITAL LIVING LIFE *MASTER TOOL*

TOOLS USED BY
HIGHLY SUCCESSFUL
PEOPLE.



KEYS TO
SELF-MASTERY

MASTERING OTHERS IS STRENGTH, MASTERING YOURSELF IS TRUE POWER.
- LAO TZU

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WHY THIS HABIT FORMING METHOD IS A MASTER TOOL YOU NEED TO KNOW

Have you struggled time and time again to make changes in your life, in your behavior, in your efficacy and have nothing to show for it?

After so many failures have you settled for mediocrity?

Do you lack motivation?

Do you lack confidence in yourself?

Do you tell yourself that life just 'is what it is'?

There's nothing more tragic than someone who's quit at life. The problem isn't you, or your abilities. The problem is the tools you've chosen to succeed have failed you.

For most people today, behavior change feels hard and scary. They have tried and failed many times before.

Finally, from a renowned behavioral scientist who sought a method to create behavioral change in his own life, we have a method that WORKS.

Quit being the victim of life's circumstances and start DESIGNING a life that works for you. The Tiny Habits Method is an easy, effective and approachable MASTER TOOL that quickly builds people's motivation, confidence, and efficacy in their lives. That's a game changer for those of us that have felt helpless and out of control in our lives for far too long.

There's no magic, no calculus, nothing abstract about how this method works. Designing for behavior change is systematic. It's not guesswork. There literally is a secret formula. Dr. BJ Fogg has created a universal method with three simple steps that every one of us can use.

DESIGN FOR THE BEHAVIORS THAT LEAD TO THE OUTCOME

Until now we've been told that to change our lives, we need to pick a desired behavioral change hoping for massive amounts of motivation and will power to push through the mundane HARD WORK toward a successful end. It's no wonder only 5% of people who set goals actually achieve them.

What Dr. Fogg, the developer of the Tiny Habits Method, has come to show us is that if you design your goals and behaviors for the outcomes, you're designing at the WRONG PLACE. Instead you need to design for the behaviors that lead to the outcome.

Baby steps, tiny habits, can have profound effects on our lives.

Finally we have a process to lead our lives to the goals we've set that doesn't require blood, sweat and tears.

*"Motivation is what gets you started. Habit is what keeps you going."
- Jim Ryun*

HOW WE'VE PUT TOGETHER THIS WORKBOOK SO YOU CAN LEARN THIS METHOD MORE QUICKLY AND EASILY

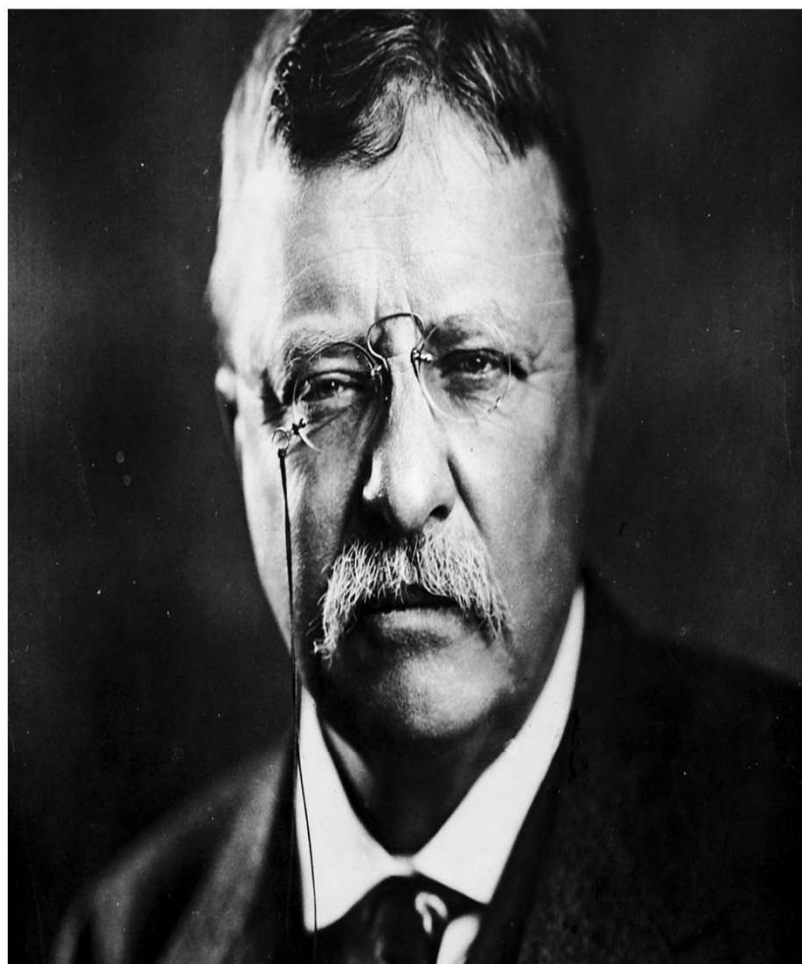
Vital Living Life's Instructional Workbooks are designed with your success in mind. They are laid out in an easy-to-follow format.

We start with an academic introduction to the method or topic at hand so that you can learn the nuts and bolts of this method, and then you can incorporate what you've learned into the participation section later.

We start with the best quality information we can provide on the topic and then move quickly into action steps for each step of the method to get you started making changes to your life RIGHT AWAY.

We outline how to achieve each step successfully. Then you will have your own personal journaling space to jot down and fill in any notes, eureka moments and conclusions.

We close out the workbook with some tips and suggestion for ways you can apply the method in your own life and links to our site and social media online so you can find more useful and informative instructional workbooks on other MASTER TOOLS that will help you build the best life possible.



**COURAGE, HARD WORK,
SELF-MASTERY, AND
INTELLIGENT EFFORT
ARE ALL ESSENTIAL
TO A SUCCESSFUL
LIFE.**

- THEODORE ROOSEVELT

WHAT IS THE TINY HABITS METHOD?

The Tiny Habits Method is a habit-building MASTER TOOL that removes the need for motivation or will power from the recipe for your success. Instead, you rely on automaticity of small behaviors that will lead toward a larger outcome or goal in order to create real change in your life.

The Tiny Habits Method is not an accidental discovery. Over the course of five years, Stanford behavior scientist Dr. BJ Fogg created this method by drawing on his breakthrough models of how human behavior really works. He tested the method on himself. Then he tested it on friends. And then he shared it with thousands of strangers around the world. He studied the results from his own efforts and that of others empirically and found remarkable results across the board.

Change leads to change. Success leads to success. That's the why Tiny Habits Method works so well.

"It's the most successful way to change your life," Dr. Fogg says.

DR. BJ FOGG

Dr. BJ Fogg founded the Behavior Design Lab at Stanford University, where he directs research and innovation. In addition, he teaches industry innovators how to use his behavioral models and methods in Behavior Design. The purpose of his research and teaching is to help millions of people improve their lives.

Dr. Fogg is the author of *Persuasive Technology: Using Computers to Change What We Think and Do*. He is the co-editor of *Mobile Persuasion: 20 Perspectives on the Future of Behavior Change*.



WHAT PEOPLE ARE SAYING ABOUT THE TINY HABITS METHOD

"It's working. In just a few days it becomes pretty automatic." - Laurie Callister

"It's working: I've been doing my 3 tiny habits successfully for a month, and I think I'm nearly ready to tackle 3 more" - "Modern Mrs. Darcy"

"Since learning how to use Tiny Habits I've created new habits and behaviors for productivity, health, writing, ideas, meditation, fun...and more." - Mark Channon

"The beauty of starting a tiny habit is that it is also painless." - Michaela Stephens

"The experience is powerful, motivating and exciting....made me feel like superwoman." - Harriet Wakelman

DESIGNING BEHAVIORAL CHANGES

We've all struggled to make changes in our behaviors. Whether it was to quit eating something we shouldn't, or start eating something we should, behavioral changes are HARD. At least, they used to be. Thanks to the Tiny Habits Method, with the right knowledge, and designing for behavioral changes in the right places, success is now much easier to attain.

WHERE HAVE WE GONE WRONG FOR SO LONG?

The typical model for behavior change up until now has been to choose a goal, an outcome that you wish to achieve, and to rely on motivation and will power to get you there. But according to Dr. Fogg, doing something you don't enjoy and subsequently failing to create the habit you're seeking is actually more detrimental than doing nothing at all.

You don't need to train flossing your teeth. You already know how to do that. You need to train the automaticity of it. You need to train making it automatic. Automaticity is key to behavioral change, and you train for automaticity in increments.

This new way to create habits is reliable and systematic.

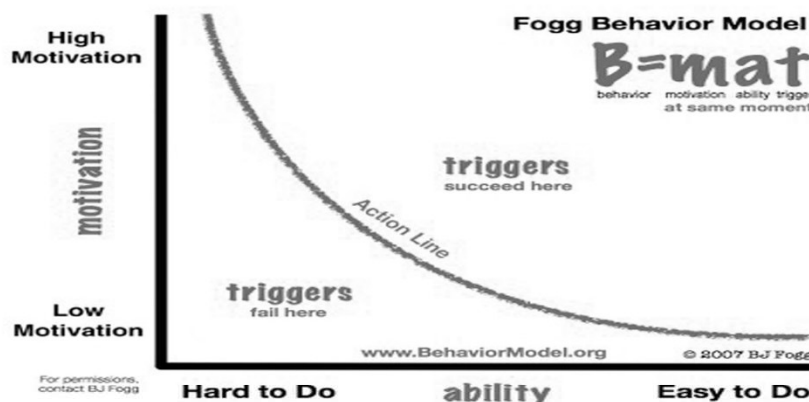
"It's much easier and it's much more reliable to start habits that are small and get them firmly rooted in the ground by feeling successful," Dr. Fogg said.

Most early models for changing behavior relied on attitude changes (high motivation, instilling a strong sense of will power in order to succeed) where the Tiny Habits Method relies on behavior change instead. It requires little to no motivation or will power. The truth is that attitude change and behavior change are very different.

WHAT CAUSES BEHAVIOR?

There are three things that have to happen at the same moment to cause a behavior...

MOTIVATION + ABILITY (your ability to do the behavior) + A TRIGGER (a call to action).
When a behavior does not occur, at least one of these three elements is missing.



Things that are easy to do require low motivation, and a low ability level.

Things that are hard to do require peak motivation and peak ability.

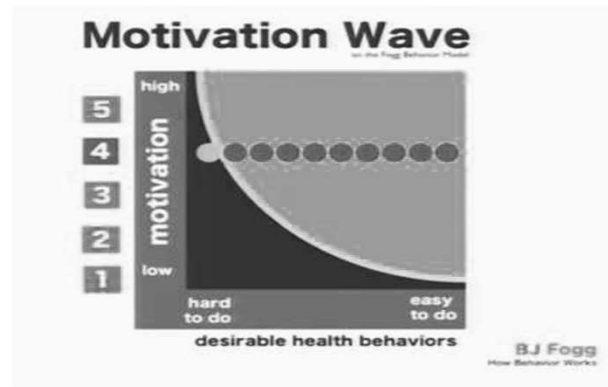
Behavioral change is definitely a difficult task for most, and so by breaking it down into simple, easy tasks that require low motivation makes Tiny Habits easy to do.

MOTIVATION

The only use for motivation in our life is to allow us to do hard things. If we're not doing hard things we don't need that much motivation.

Most people rely on high levels of motivation to make changes in their behavior. But motivation only applies to temporary behavior change, not long-term change. Relying on motivation for long-term change is a losing strategy. The same thing goes for will power.

“MOTIVATION WAVE” - When motivation is high, you can do hard things. But once it drops (the wave subsides, as it ALWAYS does) then you will only do easy things. This is why relying on motivation to change your behavior is a recipe for disaster.



For example, when people get excited to lose weight it can provide motivation, but that motivation can sway throughout the journey. If you realize this beforehand, you can design steps that will get you through those low periods of motivation and allow you to stick to your weight loss plan and achieve your goals. This is the founding principle of the Tiny Habits Method, designing in advance for the low periods of motivation.

ABILITY/SIMPLICITY

In order to perform a target behavior, in addition to motivation, a person must also have the ability to do so. That seems obvious, of course. But we often assume people have more ability than they really do.

There are two paths to increasing ability. You can train people, giving them more skills and therefore more ability to do the target behavior. That's the hard path. Don't take this route unless you really must. Training people is hard work, and most people resist learning new things.

The better path is to make the target behavior easier to do. This is called Simplicity. By focusing on Simplicity of the target behavior you increase Ability. This is another foundation of the Tiny Habits Method. By making the habits simple, you've increased your ability to achieve them by 100%. You've also decreased the demand for motivation to nearly 0%.

Although something like losing weight can be a long-term process, by creating short-term simple steps it can ease you into the behavior and make it seem simpler to reach your weight loss aspirations.

By starting with tiny habits and behaviors you're more willing to do, and working your way up to the more difficult behaviors you're less willing to do, you're more assured of a successful outcome.

In the case of losing weight, this could be walking a mile every day, then jogging a mile every day, and eventually running a mile every day. By starting with smaller actions you nudge the needle on what you believe yourself capable of, and the automaticity of the actions that will lead you to success.

Key insight: Simplicity is a function of your scarcest resource at that moment. Think about time as a resource. If you don't have 10 minutes to spend, and the target behavior requires 10 minutes, then it's not simple. Money is another resource. If you don't have \$1, and the behavior requires \$1, then it's not simple.

TRIGGERS

We will cover triggers in more depth shortly. They are simply calls to action. You close your front door when you leave your house, and you lock it behind you. You use the restroom, and you wash your hands. You put on your shoes, and then you tie the laces. Triggers are cues in our brains to conduct another action.

YOU NEED TO DESIGN FOR THE SMALL BEHAVIORS THAT LEAD TO THE BIG OUTCOME. HABITS ARE HOW YOU AUTOMATE THOSE BEHAVIORS SO THE OUTCOME BECOMES INEVITABLE BEHAVIOR CHANGE

Behavior change is not complicated, it's systematic, no matter how convoluted and difficult to achieve it may have seemed up until this point.

When it comes to making a change in your life, such as reducing stress or losing weight, it can seem difficult. But if you break it down into small steps that eventually turn that change into an everyday routine, it might not seem so hard.

When it comes to behavioral change, if you design for the big outcomes, you're designing at the wrong place. You need to design for the behaviors that lead to the big outcomes. The path to successful behavioral change is to train for the behaviors that lead to the outcome so they become automatic, and built one upon the other, so that the outcome is inevitable and requires little to no effort.

"When it comes to lasting change it's really more of a design challenge than a motivation challenge, and that's a big shift in traditional thinking," Dr. Fogg says. "There's a systematic way to match yourself with the right behavior that will lead to your big goal - less stress or losing weight or so on."

Of the 15 ways that behaviors can change, habits are the one to look at for long-term change.

Habit formation has three key components - the cue/trigger, the routine/action, and the reward.

There are entire libraries full of texts on habit formation. It used to be that there were as many recipes for habit formations as there were people and circumstances.

Until now habit formation was less a science of habit formation and more like shooting arrows at targets and hoping for the best results. Now we have a more simplified method to make more effective habits, more easily. Tiny habits are the baby-stepped approach to long-lasting behavioral change that's attainable by anyone.

As we create these tiny habits, little by little we approach the "outcome" in a very reliable way. In a way that doesn't regress, or make you go back to the way it was when you started and give up on your goals.

"When you know how to create tiny habits, you can change your life forever." says Dr. Fogg.

To make a real lifelong habit, the focus should be on training your brain to succeed at small adjustments that lead to your bigger goal. This helps you gain confidence from your success.

"The more you succeed, the more capable you get at succeeding in the future. So you don't start with the hardest behaviors first, you start with the ones you want to do and you can do and you persist," Dr. Fogg said. "Be patient and trust the process."

You need to design for behavior change by creating tiny habits that are both easy to do and can be easily slipped into your existing routine. Your goal shouldn't be just running the habit day after day, but instead aiming for automaticity of the action.

AUTOMATICITY

Automaticity is the ability to do things without occupying the mind with the low-level details required, allowing a behavior to become an automatic response pattern or habit. Automaticity is usually the result of repetition, and practice. Your pattern or habit becomes so second-nature that it doesn't require thought or effort. How can you fail if you don't even have to think about it?

You are adjusting your behavior toward your end goal bit-by-bit, allowing each step to become second nature to the mind and your routine. This increases the long-term endurance of behavioral changes you're making and the process requires little to no will power. You're slowly rewriting "how things are" in your daily routine until "how things are" matches "how you wanted them to be" at a pace that fools the brain into not realizing it's made any changes at all. After all, change is dangerous to the mind. It's one and only purpose is your continued survival. In the unknown of "change" lurks hidden danger, according to the mind. The mind is masterful at sabotage in the name of survival when it comes to behavior changes.

AUTOMATICITY IN YOUR DAILY LIFE

Where can you experience automaticity in your daily life? Look to your internet and surfing habits for examples of automaticity at play, and how automaticity has changed your habits without conscious input or effort. Tech giants like Google, Twitter, Facebook and Instagram have all made their fortunes learning how to make you use their services as automatic habits.

When you turn on your computer, or phone, what's the first thing you do? Chances are likely that you open up your Facebook app, or Instagram feed. It's such an automatic behavior that you don't even realize you're doing it.

Tiny Habits, and their automaticity work in the same way. They're so easy to do, require so little effort or thought, that you just DO them. Dr. Fogg has designed out the need to feel highly motivated to get tasks done, or the need for strong willpower and therefore the minds tendency to self-sabotage.

Motivation is a fickle thing to tie your hopes to for a better life. Motivation waxes and wanes with the weather and is completely unreliable. But a tiny habit, like flossing just one tooth, is achievable no matter how little motivation you're feeling.

EVERYONE LOVES EXTRA CREDIT

Part of the beauty of the design of the Tiny Habit Method is the fact that we all love extra credit. Of course your goal is going to be to floss that one tooth. But the chances are high that while you're at it you'll floss a few more for good measure.

You might design the tiny habit of putting your running shoes on as soon as you finish eating breakfast every morning. The beauty of the Tiny Habit Method is that eventually, slowly and without effort or motivation, you might start going for walks, or one day runs. Tiny Habits by nature are great as building blocks and creating foundational behavioral change that leads to your ultimate goals for success. In baby steps, without the need for HARD WORK.

FORGET BIG CHANGE: START WITH A TINY HABIT TO BUILD YOUR FUTURE BEHAVIORS

An example Dr. Fogg uses to describe Tiny Habits is a recipe he created for his own behavioral change. His equation reads "After I pee, I will do 2 pushups and then celebrate (I'm awesome!)." He started doing 2 pushups every time he used the restroom, and now he's doing 80 pushups a day and he's in his 50s. If that's not an illustration for the efficacy of building tiny habits into big behavioral change, I don't know what is.

"Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character."

—Stephen Covey

PLANT A TINY SEED

“Plant a tiny seed in the right spot, and it will grow without coaxing.”

Tiny Habits are like tiny seeds. If you plant that new behavior in the right place in your day, with the right anchor (trigger) and enough celebration afterward it will grow strong and mighty without hardly any effort of your own.

If you keep at the tiny habits, over time it will get easier and easier to create new tiny habits that have built on the foundation you’ve laid, and will be easier to remember.

Look at your life, and look at the behaviors in your life that you want to change. Break those behaviors down into the tiniest seed, the simplest most basic form of the action you want to create, and then plant it in the right spot in your day. (We will explore where “the right spot” is shortly.) And allow it to grow. You don’t need motivation, or will power. Plant the seed and allow it to grow.

It’s an organic and effortless way to create real behavioral change, to build real long-lasting and efficacious habits into your life.



“Happiness held is the seed, Happiness shared is the flower.”
John Harrigan

STEP 1: PICK YOUR ULTIMATE BEHAVIORAL GOAL & GET SPECIFIC

What behavior do you want to change?

Do you want to feel less stressed at work? Do you want to lose 10% of your bodyweight? This is the big final outcome you want to achieve.

CHOOSING THREE TINY DIRECTIONAL BEHAVIORS & MAKE THEM EASY

It's time to translate your large target outcome or goal into directional tiny behaviors.

Your ultimate goal may be to lose 20 pounds. But tiny directional behaviors that are going to lead you to that ultimate goal may be: drinking coffee black, instead of with cream and sugar; walking up the stairs at work every morning instead of using the elevator; removing bread from your dinner plate or menu; or drinking an extra bottle of water every day.

And be specific about your tiny behaviors. These will become your tiny habits.

If your goal is walk a mile to the gas station for a bottle of water, you're going to get there taking one step at a time. But if you just start walking without the clear intention of where you're going and why, the chances of you ending up with a bottle of water a mile down the road are slim to none.

Think of ways to make your big target outcome easy to do. *Simplicity changes behavior.* Find small ways to change your behavior that you don't hate doing.

Identify the easy-win behaviors that will put you on the path to your goal. These behaviors are going to be unique to you. The going method for reducing stress may not be the behavior that will work for you. Maybe you'd find short walks more meditative than meditating, for instance. Perhaps jogging with your dog sounds more inviting than taking a spin class. This step requires introspection, and for you to be honest with yourself.

Motivation is slippery. When you're pinpointing your directional tiny behaviors, don't choose anything that will force you to rely on motivation. When you set yourself up to do something hard, and you're relying on keeping your motivation high, YOU ARE DOOMED TO FAIL. Habits are about repetition, and if you fail to keep doing it, you will not create a habit. So choose behaviors that are so easy you think they sound stupid simple. Choose behaviors that you don't hate doing. These are the building blocks you're going to lay that will build your empire. Think small.



YOU'RE CHOSEN TINY DIRECTIONAL BEHAVIORS...



PICK ONE

PICK TWO

PICK THREE

"If you pick the right small behavior and sequence it right, then you won't have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot."

—BJ Fogg

STEP 2: CHOOSE THE TRIGGER FOR THE NEW BEHAVIOR

Triggers tell people to “do it now!”

Triggers come from our daily routine: Walking through the kitchen may trigger us to open the fridge.

What will prompt the new behavior you’ve chosen? No behavior happens without a trigger.

The trigger you choose for your tiny habit needs to be a routine behavior **THAT YOU ALREADY DO CONSISTENTLY** at the same time of the day as you’re intended habit, and in the same vicinity.

For example, if your habit is to take your vitamin every morning you may choose turning on your coffee pot as the anchor. You make coffee once every morning, you do it in the kitchen, and you keep your vitamins in the kitchen.

The best trigger, or anchor behavior, is something that you already do as a habit. You’re going to graft the new tiny (behavior) habit onto it.

How do we trigger that new directional tiny behavior easily? **AFTER**. The secret to success is by putting the new behavior **AFTER** a reliable and consistent behavior **YOU ALREADY DO CONSISTENTLY**. Using an existing behavior in your life, and putting the tiny behavior **AFTER** it, you can use the existing behavior as the trigger. This is a breakthrough. You don’t need Post-It notes, or alarms clocks to form habits. You just need to use activities that you’re already doing.

The Recipe for Tiny Habits:

After I _____ (existing habit/behavior that you do every day with the same frequency that you want the new behavior to happen),
I will _____ (new tiny behavior).
And then celebrate it!

Focus closely on the stable habits and cues you’re already using in your daily life.

If you work the tiny habit for a few days, and need to make an adjustment, then just do it. Maybe your anchor trigger isn’t in the right place, or at the right time, and you see where you can improve it. Don’t wait. Tweak the process until you’re getting the right results. Habits form through repetition, so make the necessary changes to your tiny habit recipe until it’s running consistently into automaticity.

What to Remember: You need to match the new behavior you want with the best anchor in your day to trigger your new behavior.



THREE RECIPES FOR YOUR NEW TINY HABITS



After I _____
(existing habit/behavior that you do every day with the same frequency that
you want the new behavior to happen),

I will _____
(new tiny behavior).
And then celebrate it!

After I _____
(existing habit/behavior that you do every day with the same frequency that
you want the new behavior to happen),

I will _____
(new tiny behavior).
And then celebrate it!

After I _____
(existing habit/behavior that you do every day with the same frequency that
you want the new behavior to happen),

I will _____
(new tiny behavior).
And then celebrate it!

LISTS OF ANCHORS/TRIGGERS/CUES YOU ALREADY DO IN YOUR DAILY LIFE:

STEP 3: THE CELEBRATION, THE REWARD

There is one other flourish necessary to making the Tiny Habit Method work. After carrying through with a tiny habit, give yourself permission to celebrate. It may be something as small as a pat on the back or just saying, "Yay!" It may be a full-blown touchdown celebratory dance afterward. The choice is yours.

While it may sound goofy to celebrate simply because you managed to floss a single tooth, or do a push-up after using the bathroom, the truth is that you're rewriting your identity as someone who succeeds. This speaks profoundly to your subconscious.

After you successfully execute your tiny habit, then celebrate victory. Immediately. Right away. Tell yourself in some way that you're awesome.

For some people, it can be hard to remember the victory celebration after doing a new behavior. Try to remember to focus on feeling victorious. Why? Because the ability to self-reinforce is key to rapid habit formation.

A fundamental component to habit formation is the reward. The reward for tiny habits is the feelings of success and accomplishment. Emotions, feelings, speak to the core of our brains in powerful ways. The best reward is the quick and simple one you can give yourself. A pat on the back, or a big, "You're awesome!" in the mirror will suffice.

CELEBRATE TWICE

With Tiny Habits, there are two moments when you should declare victory. One is right after you do the behavior. You can also celebrate the moment you remember to do your Tiny Habit!

For example, you finish brushing your teeth and you remember to floss. At that moment, the moment you remembered your new tiny habit, you should conjure up feelings of awesomeness.

What celebration works best for you? "Victory!" Or "Awesome!" Or "I am good at this!" Or something else?

Explore the options to find what creates the most emotional impact for you. Explore and try out different celebrations in your head or aloud. After each option, pause to feel what happens inside. The one that comes most naturally, easily and brings up the best positive emotional response within is the winner.



*"The more you praise and celebrate your life,
the more there is in life to celebrate."
- Oprah Winfrey*

"Victory!"

"Way to Go!"

"I'm awesome!"

"Yes!"

"Home Run!"

"I'm Killing It!"

*"Winner, winner,
chicken dinner!"*

Some of Your Own Ideas:



MASTERING THE TINY HABITS METHOD

Mastering the Tiny Habits Method means learning how to do the following three things well:

- A. Picking a good directional tiny behavior that will eventually get you to your big outcome and goal.
- B. Finding a stable habit (or cue) that is in the right place and time in your day that **YOU ALREADY DO CONSISTENTLY** to trigger your new behavior.
- C. Knowing how to self-reinforce with a celebration first when you remember the new behavior after the trigger of your choice, and again after you perform the new behavior.

MAKING TINY HABITS EASIER IN THE FUTURE

Want to make your next wave of creating tiny habits even easier? Put together a list of behaviors you do **EVERY** day without fail. Then, to sequence in a new behavior, simply refer back to your list and find the right match and where to add it into your day.

Ask yourself, "Where does this new behavior I'm planning most naturally follow in my daily routine?"

As you're mapping out your daily routine, you will find two types of stable behaviors, both of which Dr. Fogg calls "anchors."

- You'll find behaviors you do just once each day. (i.e. shave, put on shoes, leave for work, etc.) These anchors are best suited for new behaviors you also intend on doing just once each day.

- And you'll find those behaviors you do multiple times each day. (i.e. Use the restroom, wash hands, hang up the phone, etc.) These anchors are best suited for new behaviors you intend on doing more than once each day.

You will also find anchors in your life that are not behaviors you do. There are anchors that happen **TO YOU** (i.e. the phone rings, the stoplight turns red, the sun sets, and so on.)

Moving forward remember the simple recipe for forming Tiny Habits and add them into your life in myriads of positive ways:

After I _____ (existing habit/behavior that you do every day with the same frequency that you want the new behavior to happen),

I will _____ (new tiny behavior).

And then celebrate it!

"If you are not willing to risk the usual, you will have to settle for the ordinary."
- Jim Rohn

SO WHAT KINDS OF TINY HABITS DO PEOPLE CREATE?

After I step on the scale, I will Thank God for the new day.

After I start my morning coffee, I will tidy up one item in the living room.

After I wash my face in the morning, I will put sunscreen on it.

After I start the dishwasher, I will take my vitamin.

After I walk out of the door for the day, I will say "Today will be a great day."

After I enter the house at the end of the day, I will kiss my wife for 10 seconds.

After I get home, I will set out my workout clothes.

After I put my kids in bed, I will tell them "Goodnight, I love you. Sweet dreams."

After I take off my clothes for bed, I will put them away.

After my head hits the pillow, I will think of something I am grateful for.

After I brush my teeth, I will floss one tooth.

After I get home from work each day, I will empty the change in my pocket into the "Hawaii Trip" piggy bank.

The possibilities are truly endless.

SUCCESS COMES IN CANS,
NOT CANTS.

"I have learned that champions aren't just born; champions can be made when they embrace and commit to life-changing positive habits."
—Lewis Howes

THE RIPPLE EFFECTS OF USING THIS METHOD

The beauty of choosing an effective trigger for a tiny habit is that the resulting behavioral changes can unexpectedly lead people to perform harder behaviors. For example, if you can trigger the habit to walk for 10 minutes a day, you may then buy some walking shoes without any external triggering or intervention. That's elegant persuasion because you don't feel like you're being persuaded to buy shoes but have enabled yourself to expand your new habit even further. It's a natural chain of events that an effective trigger puts into motion.

More than 28,000 people have completed the five-day free Tiny Habit Course Dr. Fogg offers on his website. In exit interviews, 80 to 90% of graduates say they feel confident about their ability to change their habits, according to Fogg-Phillips. More than two-thirds of their participants report they've also noticed other, unexpected improvements.

One woman set a goal to pick up one piece of garbage or misplaced item from her car every time she parked in her garage, for example. Soon she found she was straightening out her house, too.

According to Fogg-Phillips, the ripple effect is common, and psychologists aren't sure exactly why it happens.

One theory: Thanks to the small victories, says Fogg-Phillips, people might consciously or subconsciously break down other barriers in their lives due to their increased feelings of efficacy.

The answer to the question of how to consciously and painlessly make changes to our behaviors and lives have finally been answered by Dr. BJ Fogg and his Tiny Habits Method.

For more information, to subscribe to his monthly newsletter on the subject, or to watch videos Dr. Fogg has created as he discusses this method check out his website at TinyHabits.com.



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