

# INTRODUCTION TO TINY HABITS®



Tiny Habits are as easy as saying your ABCs. In fact, that's the acronym for what I am teaching you.

## **A: ANCHOR MOMENT**

To begin your journey into the art of Tiny Habits, you'll need to identify your first Anchor Moment. It must be tiny and simple. The tinier the better. Your Anchor Moment is an existing behavior in your daily life—a part of your everyday routine, such as brushing your teeth, using the bathroom, or starting your car. One of my favorite Anchor Moments is the act of waking up—it's simple and so easy.

## **B: TINY BEHAVIOR**

Now it's time to add the Tiny Behavior. Because we are focusing on your brand new, super simple identity alignment, I'll use the Tiny Behavior example of saying out loud, "I am loved" immediately following the Anchor Moment. There's something about speaking out loud that's supernatural. Once you've spoken it, it can never be taken back. It is released into the world--it's real.

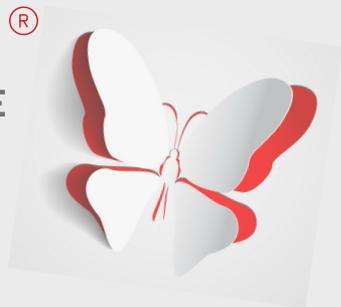
## **C: TINY CELEBRATION**

Finally, you must immediately include the Tiny Celebration, which wires the habit into your brain. C is my favorite! It's how we create 'Shine' everyday! I can't express enough the importance of affirmation and celebration. We change for good through positive reinforcement, not negative. So always include a Tiny Celebration in your TinyHabit recipe. It won't work without it.

*Your Tiny Habits will accumulate into a lifestyle of victory. Practiced daily, they will produce an increase of peace, hope, and joy—one tiny choice at a time.*

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## TINY HABIT EXAMPLE



### THE MAUI HABIT

This was my first Tiny Habit, so it's very special to me. It represents the beginning of a whole new way of life and freedom I'd never know. It's kind of like the way Mr. Krabs in SpongeBob SquarePants feels about this first dime. Always remember, it's as easy as ABC.

It goes like this:

#### **A: ANCHOR MOMENT**

I wake up and put my feet on the floor.

#### **B: TINY BEHAVIOR**

I say out loud, "It's going to be a great day--somehow."

#### **C: CELEBRATION SHINE**

Smile (and slowly take a deep breath). This positive reinforcement helps to rewire the habit into my brain.