

TINY HABITS

Prompts

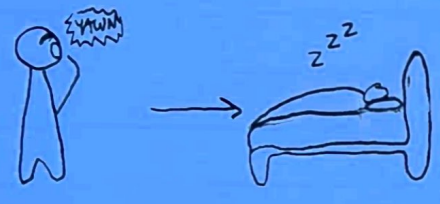
~ "the invisible drivers of our lives"



PAC MODEL

Person

(Relies on something inside you)



WARNING! Not reliable for habits

Action (* BJ Fogg's fav!)

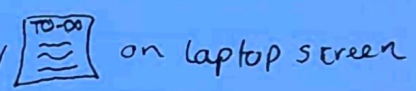
(Relies on current behavior!)



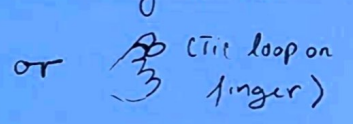
e.g. while coffee brews, meditate!
~ natural ~

Context

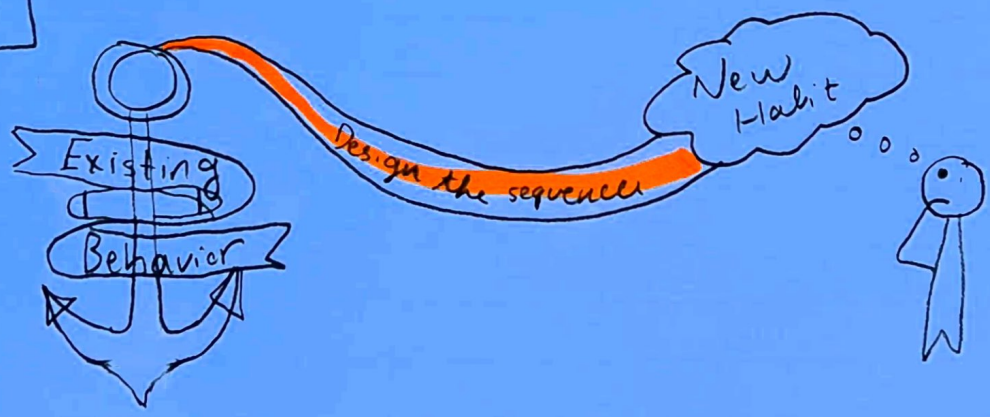
(Relies on context/environment)



! If it's not working REDESIGN!



Q! ANCHORS



Recipe: After 1 [ANCHOR], I will [NEW HABIT]!

3 Tips for Anchoring

- 1) Match Location > [Where] do you [anchor]? [Where] will you [habit]?
- 2) Match Frequency > [How often] do you do [anchor]? [How often] do you want to [new habit]?
- 3) Match theme/purpose > [Do the ~ Vibes ~ match?] (less vital)

ABC's: Anchor, Tiny Behavior, Celebration (associate w/ positive feelings)