Tiny Prompts

Cause & effect

Person Prompts

- internal prompts

Physiological & Psychological
- Internal urges
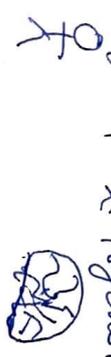
good **person prompt**
- o stomach growling
- o sleep   } survival
- o eat

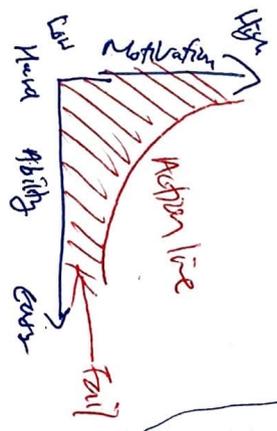Bad person prompt
- when behaviour does not
  aspect survival.
- Change in habits
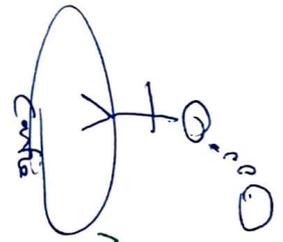
Context Prompts

- environmental cues
  - o sticky notes
  - o App notifications
  - o Ring is 1 Alarm
  - o Friend reminds you.

Digital & phone
- SPAM
- Email clutter

Human frailties
vs Brilliant designers.

While we cannot
delivate from
company prompts,
we can control
by four mode),
Deleting apps,
Muting notifications

Good for One-time behaviour
Not good for establishing a habit

Motivation
High
Action line → Fail
Low
Hard ← Ability → Easy

Repetitive prompt = Desensitization
Opposite effect.
Solution = Re-design the context prompts

Action Prompts

Behavior
→ New habit
already established
Brushing teeth → Floss Teeth
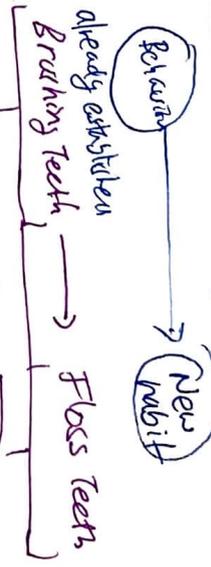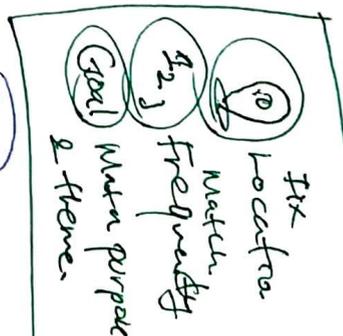
This **Anchors**
New
- can be multi task sequence
  behavior happens
  in sequence   Domino effect

Transitioning into where your
day-to-day action = Tiny habit
* No overwhelming prompts.
* Independent.

AFTER I —— Anchor , I will Tiny habit

Anchor technique

- Fix location
- match
- frequency
- Match purpose
  & theme.