

TINY HABITS

PROMPTS

Do the behavior now

~~THINK~~ → ACTION in every day life!

No behavior happens without prompts

motivated and able



drive!



Eat!

WELL
TIMED
PROMPTS



ACTION

PROMPT

behavior you already do to remind you



habit to brush → reminder to floss → add to reliable routine to form habits

after 1 (anchor), 1 will (new habit)

PERSON DO prompt

prompt yourself!

Body urges action



not survival
↳ don't use person prompt

relying on yourself
to remember can
be hard!

memory = faulty



No!

HOW? STEPS?

IDENTIFY ANCHORS

solid and stable
↳ reliably in life
such as in the morning

pick precise events
not fuzzy ones
when I'm stressed X

FIT OF NEW HABITS



where?

1 physical location
convenience, purposes, pick same location

2 frequency
match anchor with new habits

3 Theme / purpose: less important but good reminder

change accordingly

CONTEXT PROMPT

environment prompts



sticky notes

reminder app

notification

test

reminders
and written
to do list

opposite effect
when the prompts are over used



ability
vs
motivation

↳ best suited for one
time behavior