

Tiny Prompts

3 Types of Prompts
person prompts ← context prompts

Context Prompts

- ↳ enviro cues
- ↳ friends reminders
- ↳ App notifs

physiological + psychological

person prompts

- ↳ location
- ↳ frequency
- ↳ Theme match

↳ Anchor

Action



action prompts



After I...
I will...

- 1 Anchor
- 2 Tiny behavior
- 3 celebration

Action



Anchor