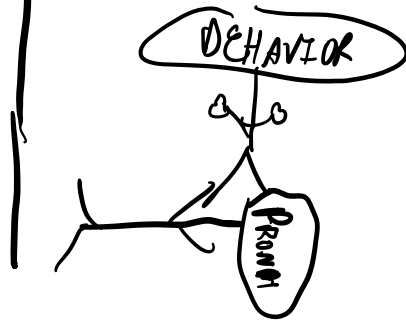


BEFORE



AFTER



PROMPT

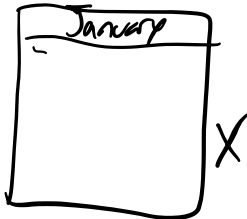
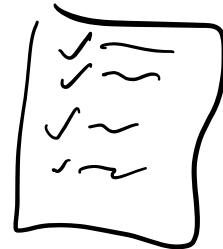
TYPES

PAC

Person



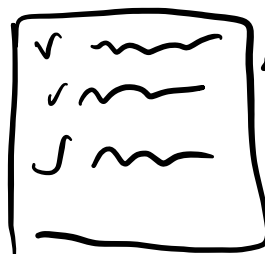
I will prompt myself!



Google Calendar, NOT



1-Time



Don't look at when on tasks

MULTI-time (Habit)

Blablan bla

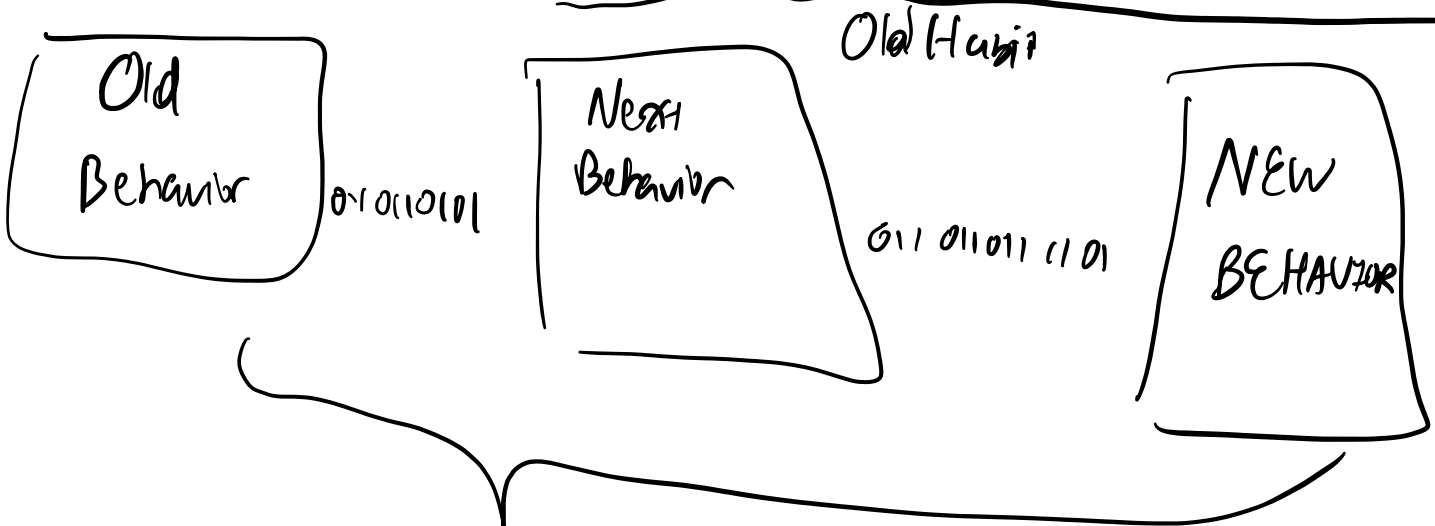


Is they atly?



↓
REDESIGN!

vs. BIG TECH

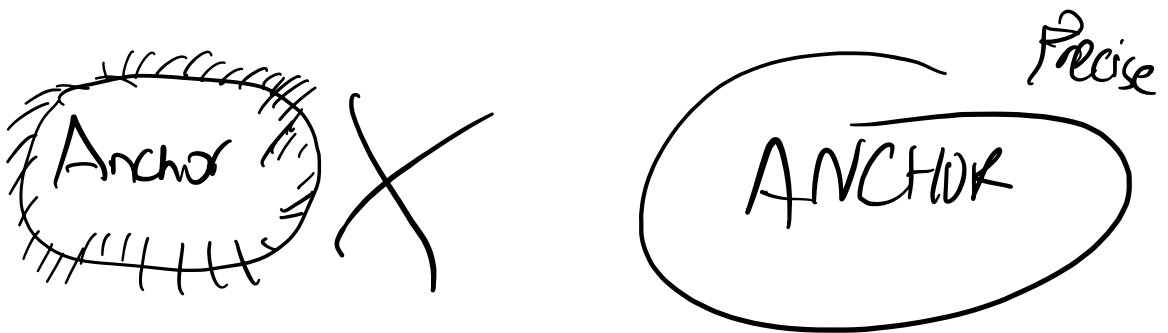


BEHAVIOR SEQUENCE

TINY HABITS



"After I [ANCHOR], I will (NEW HABIT)"



- MATCHING
- LOCATION
- FREQUENCY
- THEME/PURPOSE