

TINY PROMPTS!



It there is no prompt, there is NO behavior... even if you have
↑ HIGH motivation + ability

1 **CONTEXT**
PROMPT

anything in your environment that causes you to take action

- sticky notes
- app notifications
- phone ringing

EFFECTIVE
design???

stay above the action line!

but don't overwhelm yourself w/ context prompts!

send yourself a text
write on the bathroom mirror
set an alarm
put a note on the fridge
ask someone to remind you

2

PERSON
PROMPT

relies on something <INSIDE> of you to do a behavior

{ bodily urges }

pressure in bladder...
growing stomachache...

- A -

SYSTEM:ATIC

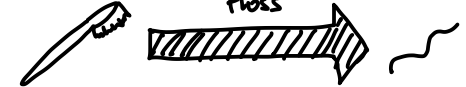
APPROACH TO PROMPTS

3

ACTION!
PROMPTS

a behavior you already do that can remind you to do a new habit

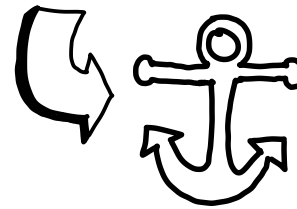
your existing habit of brushing your teeth can prompt you to floss



TINY HABITS METHOD

AFTER I (ANCHOR),
I WILL (NEW HABIT)

Existing Routine
Anchor → New Habit
Tiny Behavior



ANCHORS describe something in your life that is already stable and solid

Should be a **PRECISE** event → not "after dinner"