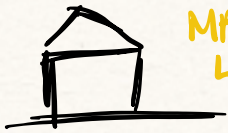


④ Where Does the New Habit Fit?



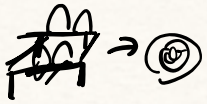
MATCH LOCATION

New Habits are physically close to old ones



MATCH FREQUENCY

How often the anchor happens



MATCH THEME/PURPOSE

Keep similar habits together

③ How To Choose Your Anchor

After my feet hit the ground.....	After I hang up the phone.....	After I hang up the keys.....

TINY HABITS
PROMPT → BEHAVIOR

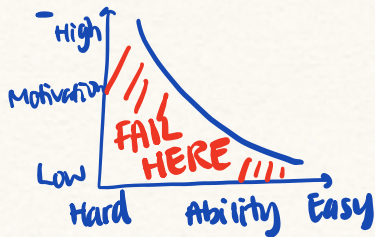
② Types of Prompts



unreliable survival, not consistency

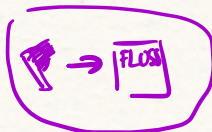


- something in your environment triggers action



① What is a prompt

- trigger → "do this now"



- use behaviors you already do
- "anchor" new habit to existing one



FINAL RECIPE

After I ...
 (anchor)

I will ...
 (tiny behavior)