

Golden Rule: No behaviour without prompts

? Types of prompts



1. Person prompts
Memory is faulty so

Unreliable



2. Context prompt
can create psychological
avalanche so **Useful**
but **risky**



3. Action Prompts
Creates elegant &
seamless routines so
THE BEST

Secret Sauce: Behaviour Sequencing

Existing Routine
(Anchor)

New Habit
(Ting Behaviour)

Think like a coder:

IF [behaviour] → Then [behaviour]

Ting Habit Recipe

After I [Anchor], I will [New habit]

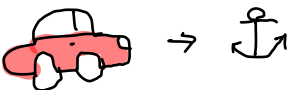
Example: After I pee → I will do 5 pushups

= new habit

How to choose Anchor?

1. Match location

Habit in car →
Anchor in car



2. Match Frequency

1x Daily → 1x Daily Anchor

4x Daily → 4x Daily Anchor



vs.



3. Match Theme

Productivity Habit →

Coffee Anchor

Relaxation Habit →

Music Anchor