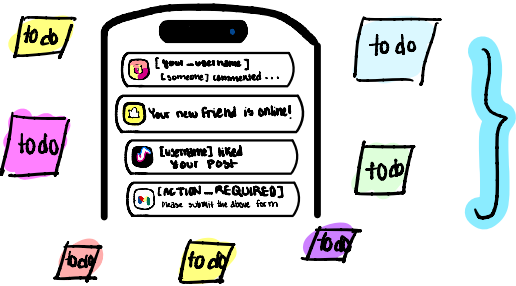


TINY PROMPTS

Prompt + motivation + behaviour → action

Prompt → Your reaction
no prompt ⇒ behaviour change



overwhelmed & stressed by prompts
we don't want, not getting what we need to done

“ It's time to take the power of prompts back. ”



PERSON PROMPTS

↳ prompt self to do action ⇒ meaningful change

Basic bodily urges: sleep, eat
not great for behaviours not needed for survival



CONTEXT PROMPTS

something in your environment → action



✓ One-time behaviour ✗ Lasting habits

too many → desensitized

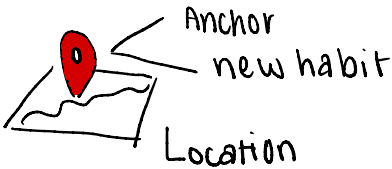


ACTION PROMPTS

Person's existing routine → next action

within your current life = Prompt
stable, seamlessly embedded in your life

After I... , I will...



✓ match the theme / purpose

