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Tiny is mighty.  
At least when it comes to change.

Everyone wants to make some kind of change.  
But, there is a gap between what people want  
and what they actually do.

**Our fault!**  
**But, it is not.**

# 3 ways to lasting changes



Epiphany

Environment

**Tiny**

**Fast**

**Start Now**

Safe

**Big**



Does not require Motivation

# Transformative

**B = MAP**

Behavior

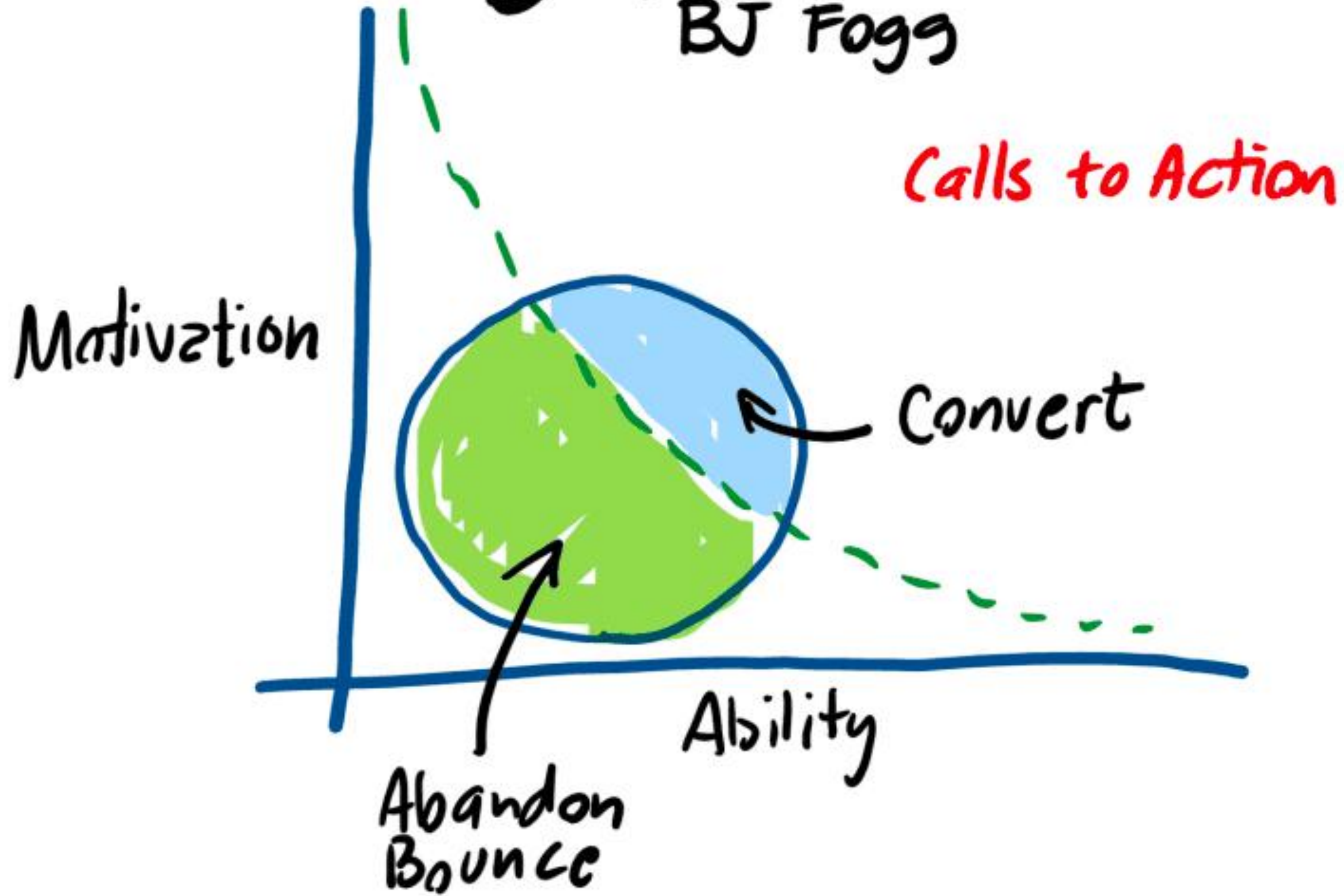
Motivation

Ability

Prompt

$$B = MAP$$

BJ Fogg



# Motivation

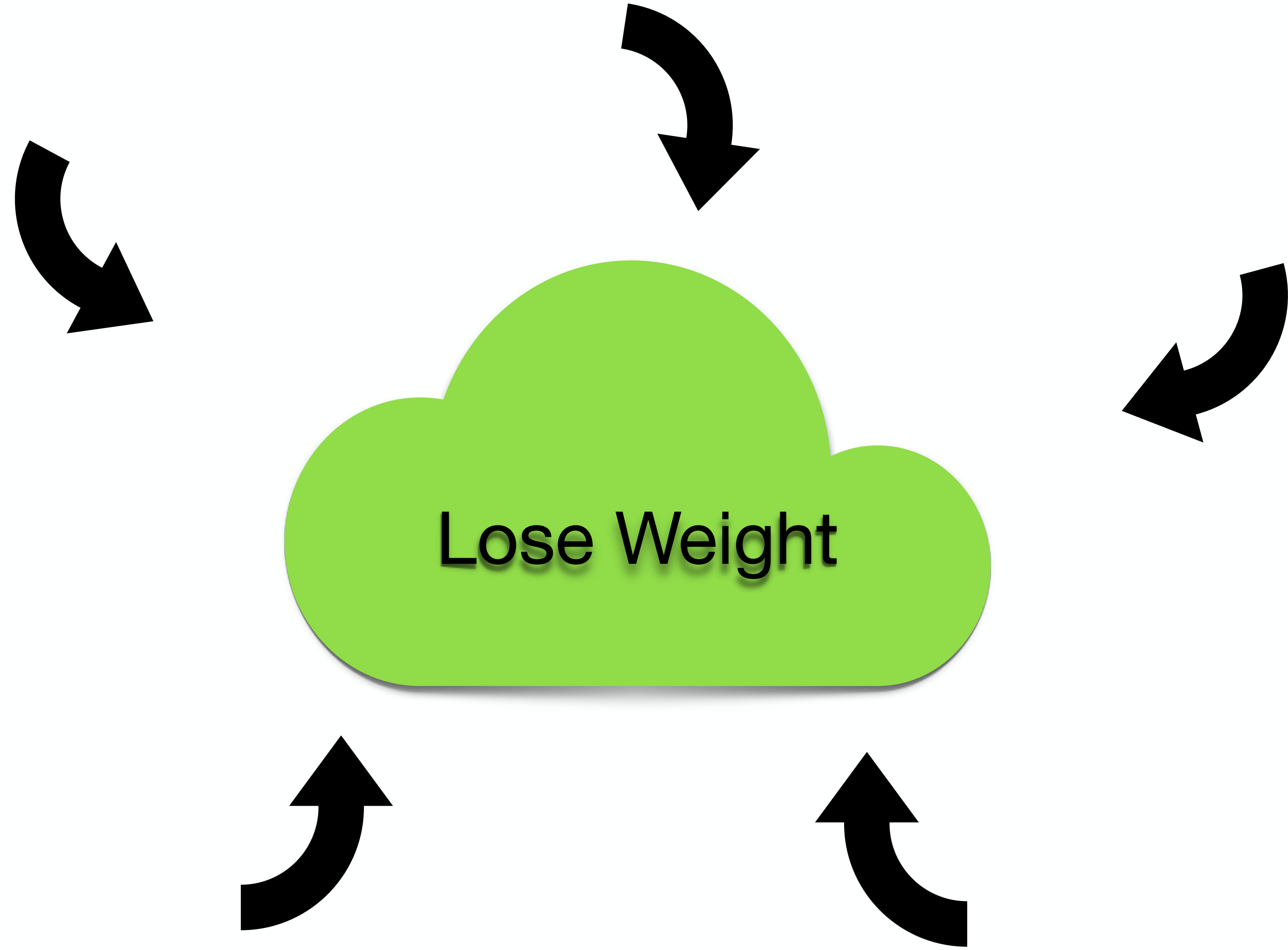
# P . A . C

Want to do

Rewards

Surrounding

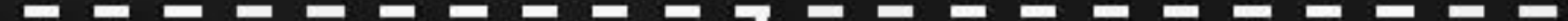
**Lose Weight**





# High Impact Behaviours

Very effective at helping me create structure for working from home.



**NO**

I can't get myself to do this behaviour.

**YES**

I can get myself to do this behaviour.

# Low Impact Behaviours

Not effective at helping me create structure for working from home.

# Ability

# P . A . C

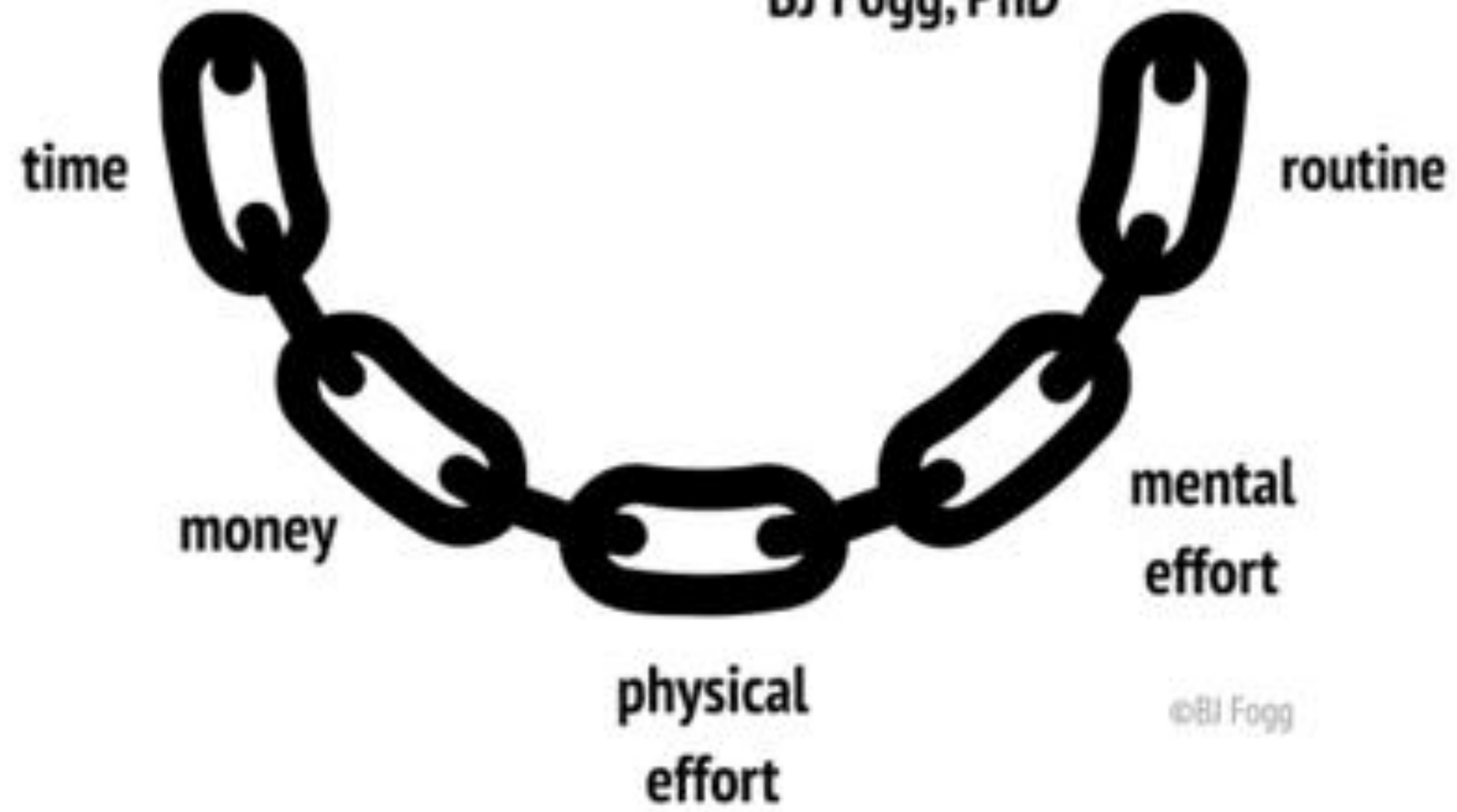
Increase Ability

Tiny

Tools

# Ability Chain

BJ Fogg, PhD



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# Prompt

**P . A . C**  
Self Existing Surrounding

**A**

**.**

**B**

**.**

**C**

Anchor

Behavior

Celebrate

# My Recipe — Tiny Habits Method

## After I ...

sit down at

work,

## I will ...

turn off

notifications for

social media.

To wire the habit into my brain, I will immediately:



## Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit).

## Tiny Behavior

The new habit you want but you scale it back to be super tiny—and super easy.

## Celebration

Something you do to create a positive feeling inside of yourself (the feeling is called Shine).



Small changes that  
change everything!



**Stay Informed. Stay In Front.**