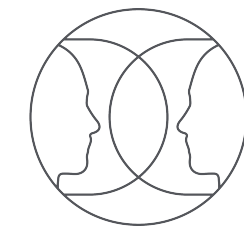


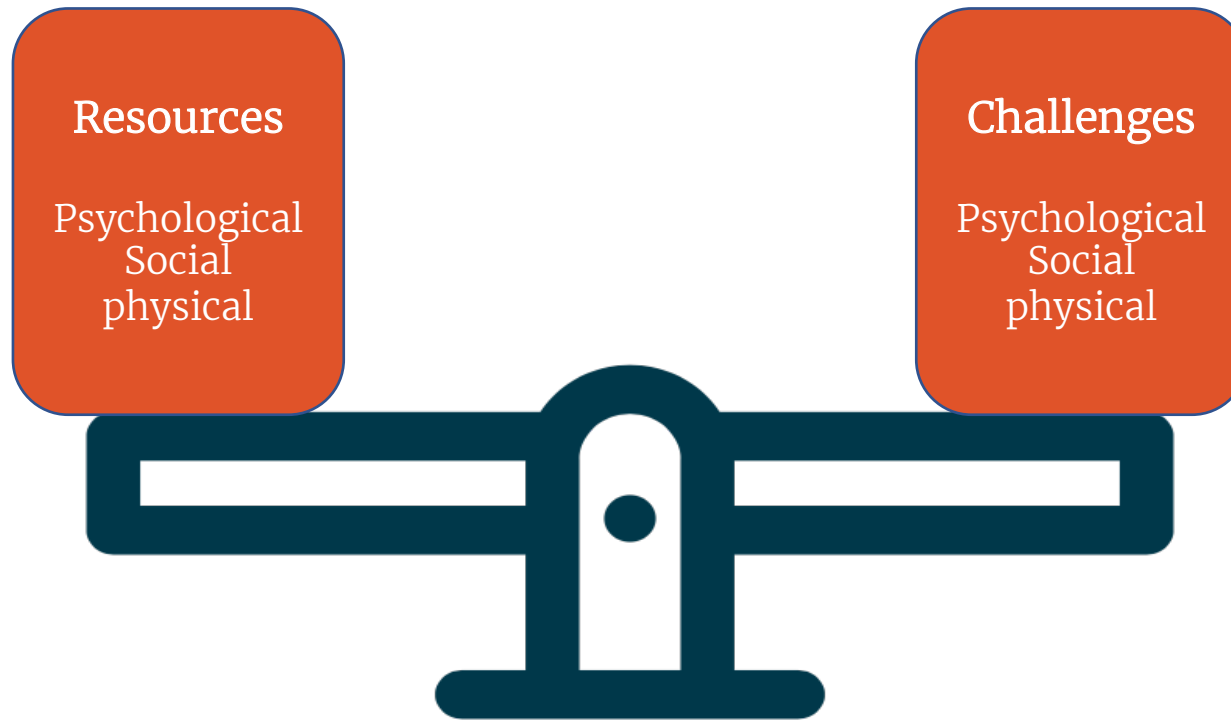
**TINY
HABITS**
*The Small Changes That
Change Everything 😊*
BJ FOGG PhD
Founder of the Behavior
Design Lab at Stanford

Tiny Habits® for Daily Wellbeing

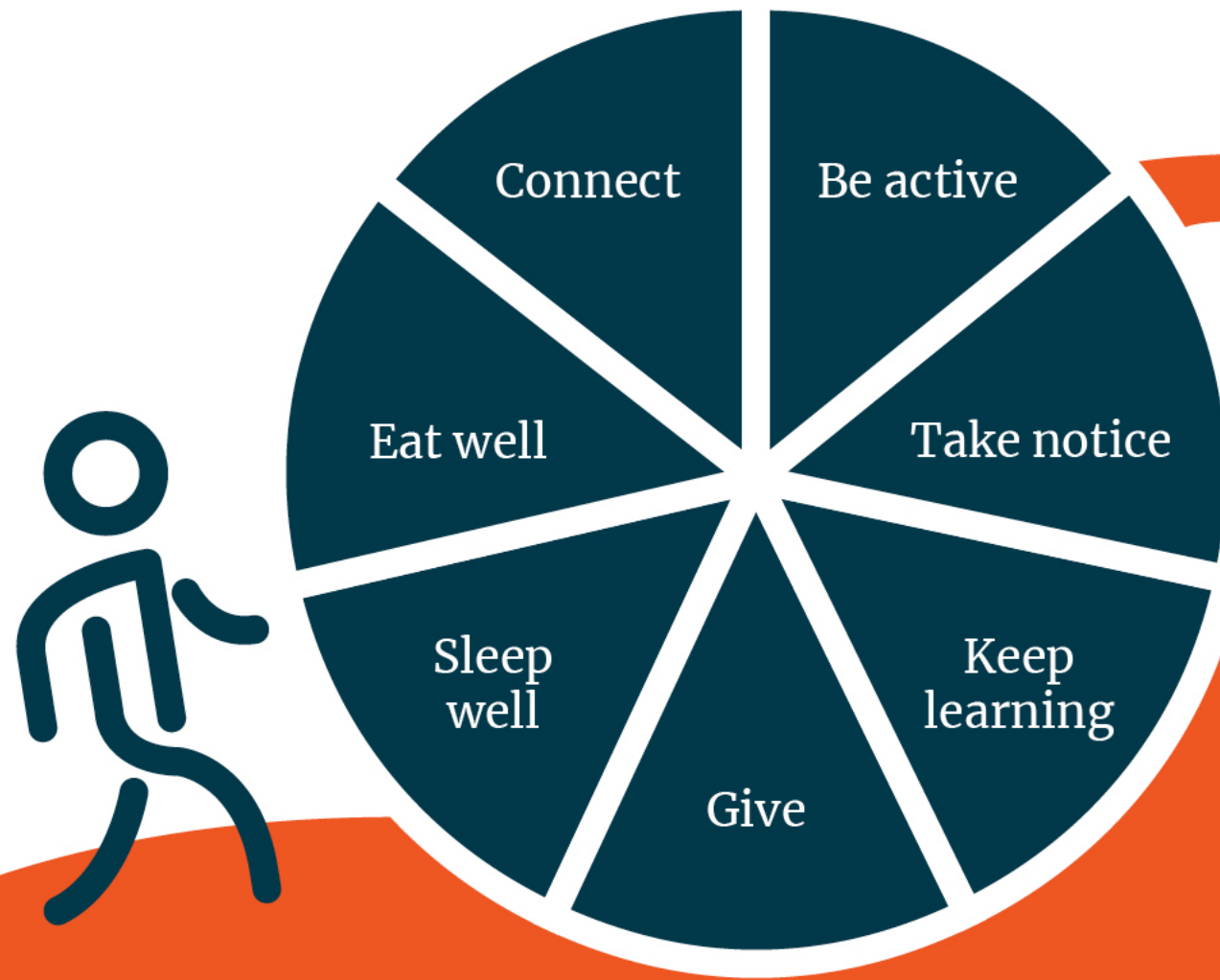
Mel Lambert, Tiny Habits Coach



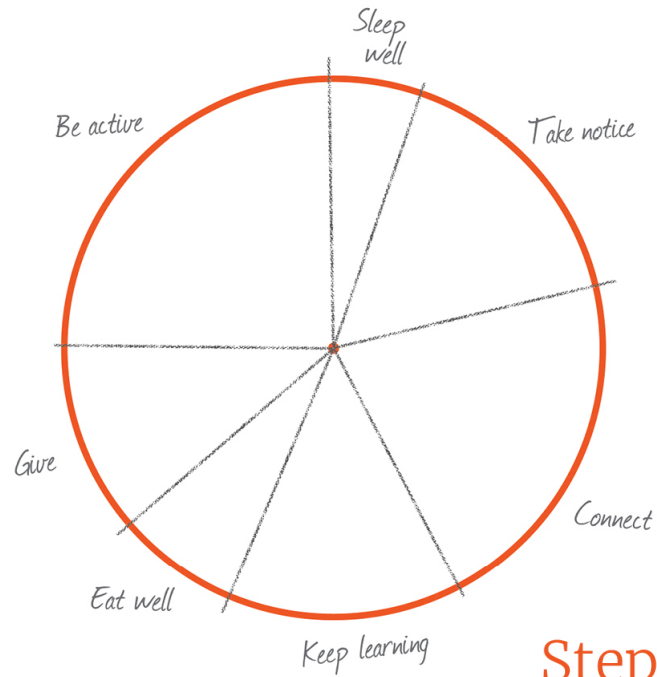
Think Human
Strategy. Dialogue. Design.



Wellbeing

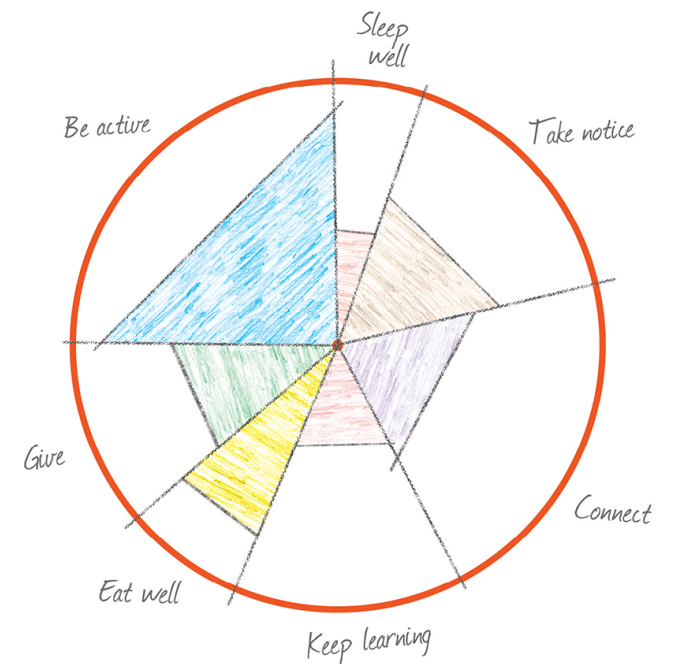


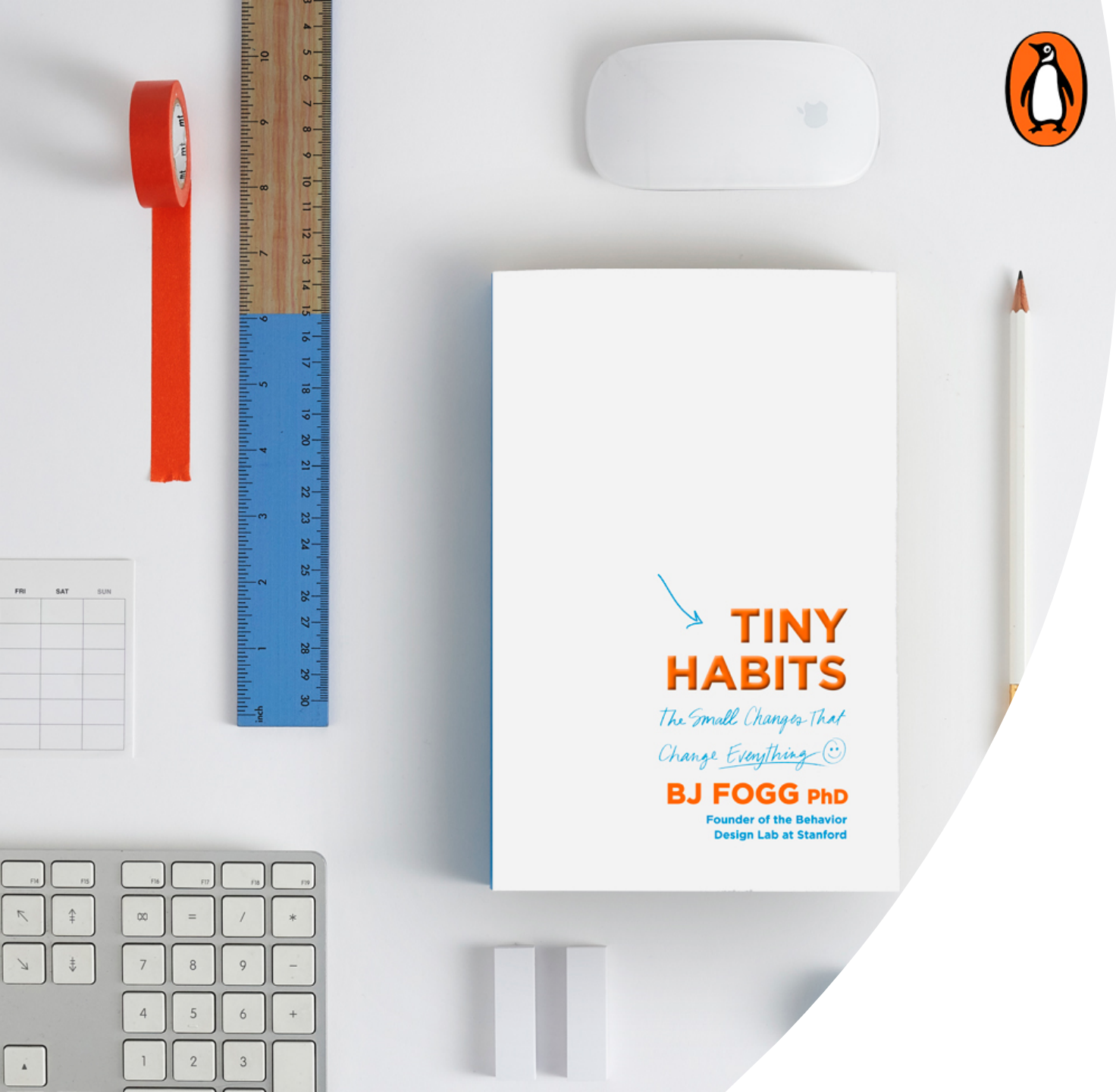
Step 1: How important are these factors to you?



Step 2: How well do you think you're doing with them right now?

Closer to centre: Badly
Closer to circumference: Tracking really well





www.tinyhabits.com

melanie.lambert@tinyhabitscoach.com

www.thinkhuman.com.au

www.mindsetforlife.com.au