

Tiny Habits Recipe Card

Create a recipe for your new habit.

After I ...

I will ...

Then, I celebrate!





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 scaled back to be super tiny - and super easy.



Note: Feel free to revise.

Celebration

Something you do to create a positive feeling inside yourself.



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