

TINY HABITS

By BJ Fogg

The small changes that change everything



TO CHANGE YOUR HABITS, START TINY

By making tiny changes on the road to making big ones, you can utilise behaviour science to reset your brain. Here are five important facts from the book Tiny Habits:



START WITH ONE

Trying to do two-hundred push-ups on your first try is destined to fail but you can probably manage one or two... so start with that as a goal and build from there.



YOU'LL KEEP DOING WHAT FEELS GOOD

If you feel good about your new tiny habit, you will be more likely to do it again.



MAKE IT EASY ON YOURSELF

Want to stop losing your keys? Work on a habit of putting them in the same place every time you come home.



CREATE PROMPTS

Set yourself reminders or tie one habit to another; for example make it a habit to always read a chapter of a textbook while you eat your breakfast on the weekend.



CELEBRATE YOUR WINS

Don't forget to stop and recognise what you have achieved on the way to completing your goals.

“

People change best by
feeling good,
not by feeling bad.”

THREE WAYS TO CHANGE YOUR HABITS:

1

STOP JUDGING YOURSELF

Before you can get anywhere, it is vital to stop judging yourself negatively. A lack of success usually comes from a problem with the system (how your brain functions) and not with you as a person.

2

CREATE NEW BEHAVIOURS

Look at your behaviour, motivation, ability and prompts, then start with tiny changes.

3

EMBRACE MISTAKES

Don't let mistakes and stumbling blocks stop you!

Keep going, reframe or rearrange your behaviours if you need to and use your mistakes as learning opportunities.

NO MATTER HOW BIG YOU ARE
ULTIMATELY AIMING,
STARTING SMALL
IS THE BEST WAY TO GET THERE.

