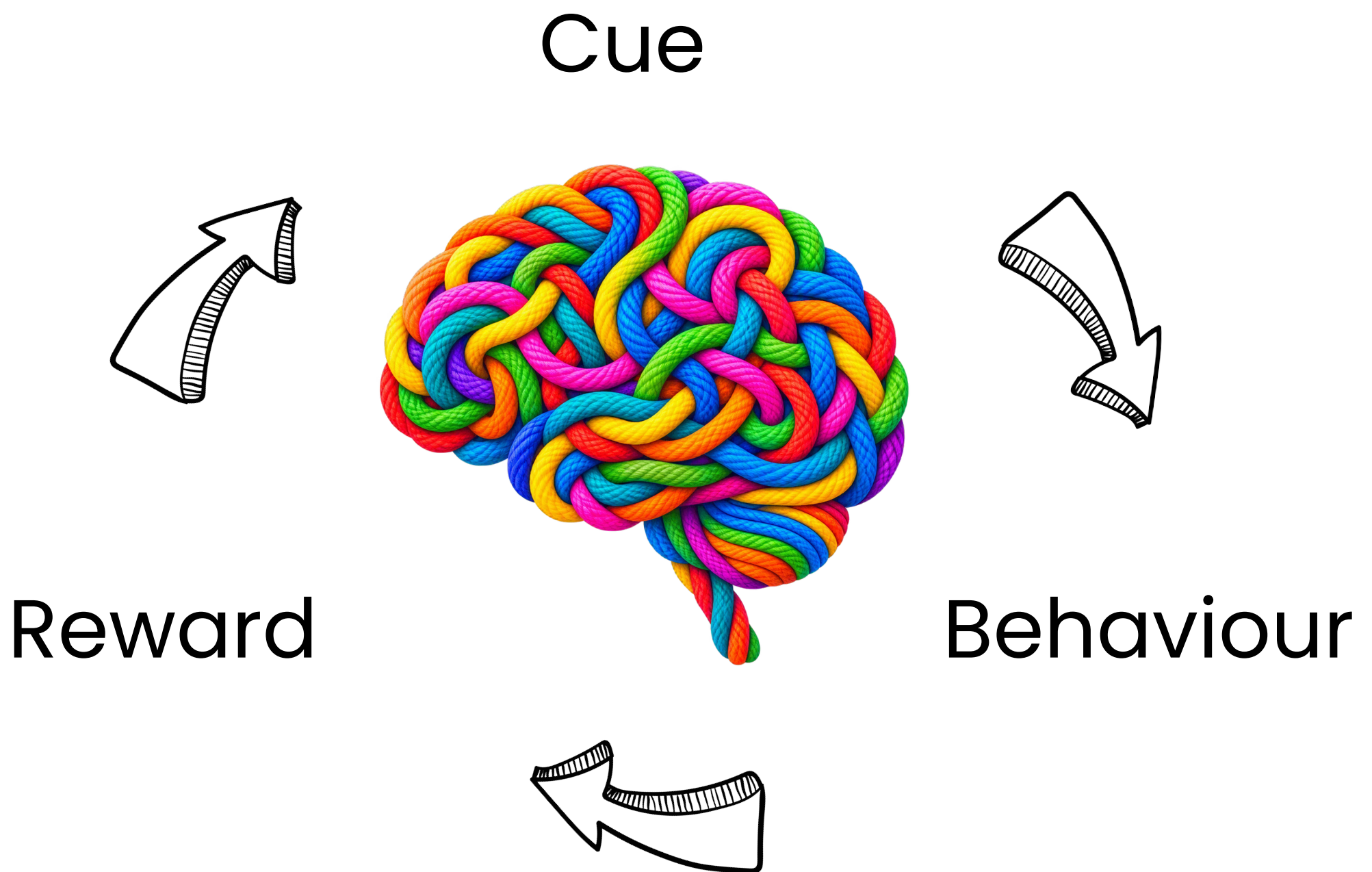


Tiny Habits, Big Magic

Every habit runs on a loop your brain repeats automatically



Cue - the thing that triggers the behaviour

Behaviour - the action you take

Reward - the feeling that reinforces it



Three Habit Builders

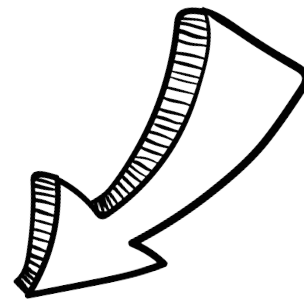
These are the tools that make habits actually stick..

Make it Tiny

Shrink the habit to the smallest, easiest version. Tiny is what gets your brain to say yes.

Make it Obvious

Put the cue where you can't miss it. Your environment shapes your behaviour more than motivation ever will.

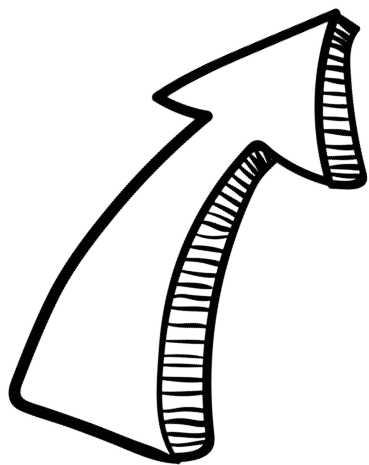


Make it Rewarding

Celebrate the tiny win. Your brain repeats what feels good

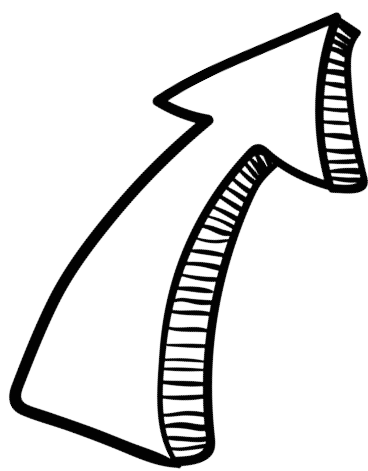
Three Habit Ladder

A simple way to grow habits without overwhelm..



Rung 3: Grow

When the habit feels part of you, expand it with more time, depth or challenge



Rung 2: Daily

Once tiny feels natural, add gentle consistency, a steady rhythm, not perfection...

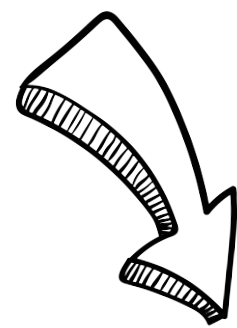
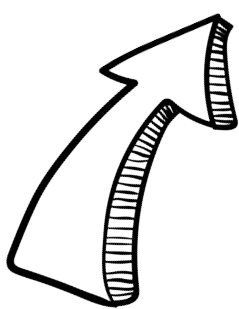
Rung 1: Tiny

Start with the smallest version you can do on your busiest day...

Breaking Bad Habits

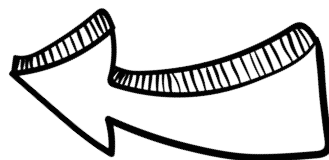
Trigger

Spot the cue that starts the habit,
awareness breaks autopilot.



Trade Up

Swap the old
behaviour for a
healthier one
that meets the
same need



Tension

Name the
feeling, bad
habits are
usually tension
relievers

Tiny Habits For This Week

What one habit will you
commit to, something so
small your brain can't say no?

Mini Reboot Practice

Big habits don't need big fixes, they need small, kind nudges. These mini resets help you rebuild momentum in under two minutes.

1. Make it Tiny Again

Shrink the habit to the smallest version possible, the one your brain can't say no to...

2. Reset The Cue

Put the reminder somewhere obvious, where are you putting it?

3. Celebrate the Win

Give your brain a tiny hint of, this feels good...how will you celebrate?

Consistency starts with tiny steps, and tiny steps always count.