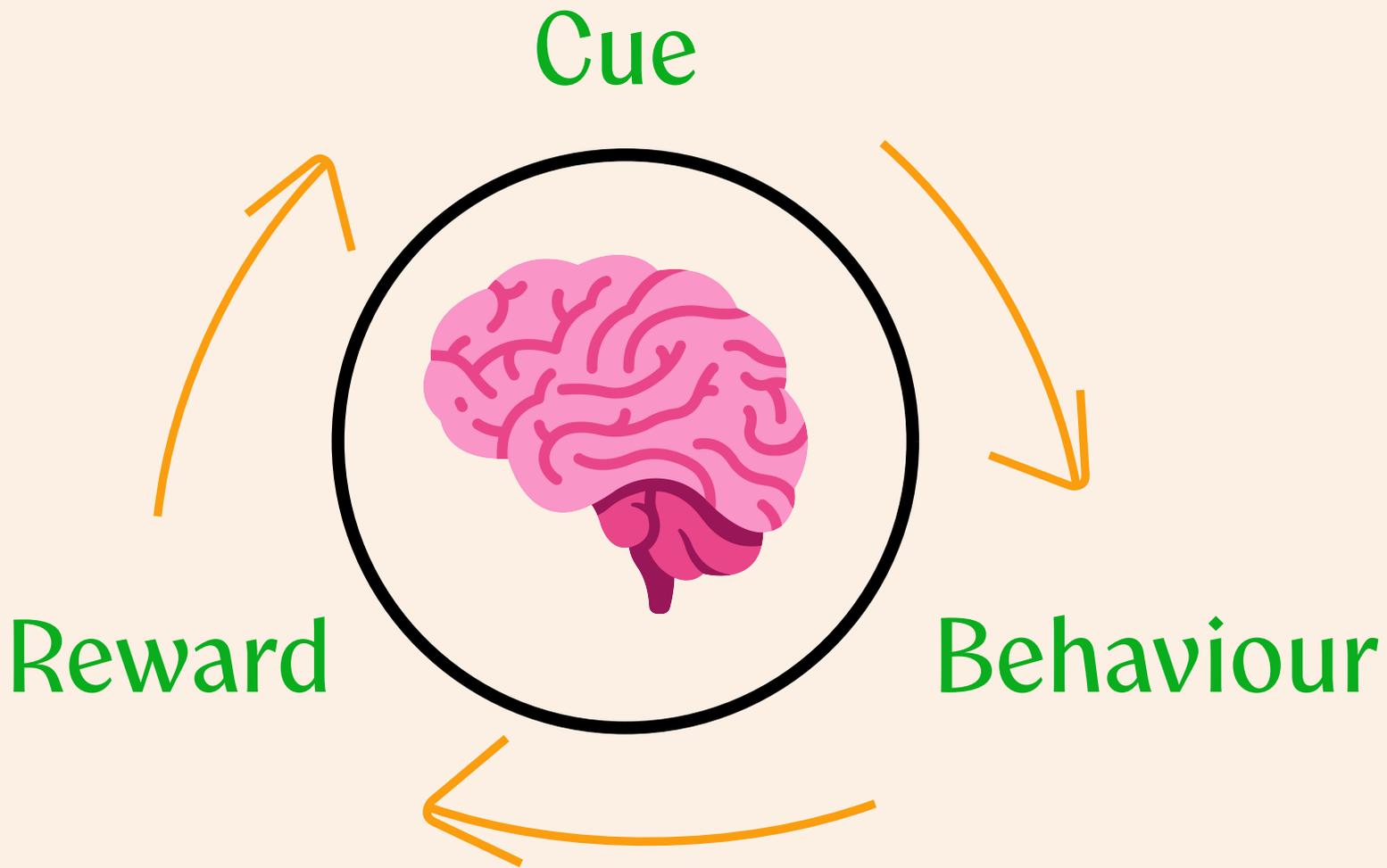


Tiny Habits, Big Magic

Every habit runs on a loop your brain repeats automatically



Cue - the thing that triggers the behaviour

Behaviour - the action you take

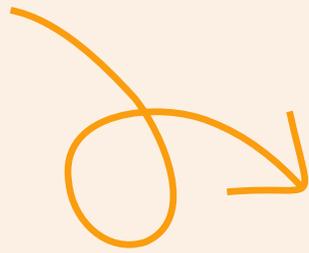
Reward - the feeling that reinforces it

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.

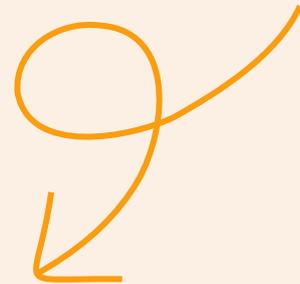


Make it Obvious

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



The 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...

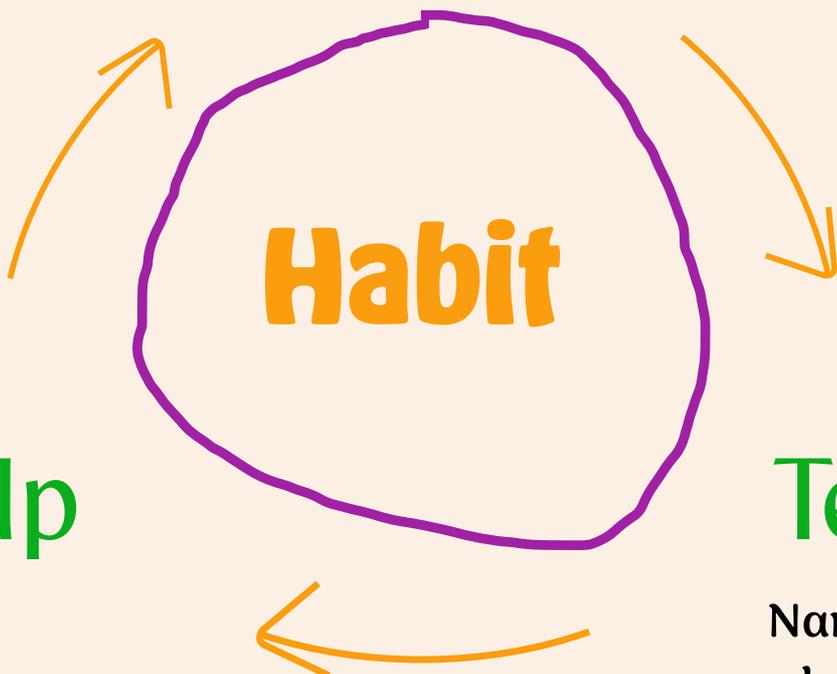
Rung 1: Tiny

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.



Habit

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

Your Tiny Habit 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.