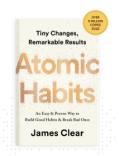
Installing One Very Tiny Habit Worksheet

Inspired by James Clear, BJ Fogg, and Katy Milkman

Who would you like to become?



Circle the area below that, if improved, would make a difference in the quality of your life

ity	Optim	ism	Gratitude	Calm	Sleep	Organiza	tion Humor O	ther	
W	That is one little daily habit you could install to support you in this area? there a way to take that little habit and make it any smaller?								How t
Is									Change
		-	•			•			The Science of Getting fr
Μ	Iake it s	so sma	ll that you	cannot fai	il. Perhap	ps you can JU	JST SHOW UP ☺		Whore You Want to Be Katy Milkm
N	Now, let's attach your tiny new habit to an existing habit. Here are some examples:								Foreward by Angela Duckwoo
	 When I brush my teeth or go to bed, I will be grateful for one thing. When I take a shower or bath, I will do a breathing meditation for 20 seconds. When I watch the news at night, I will SHOW UP on my exercise mat. 								
	0	When my head hits the pillow at night, I will do 1-minute of a Loving Kindness Meditation							
Pl	Please fill in below:								ng insall a life of a self- land of in a facility land and land of the land and a self-land of the all and a self-land of the
If,	/When	Ι			, 1	then I will _		(woooo hoooo!)	The Small Cha That Change Eve
			(existing habit)		S		(new tiny habit)		BJ FOGG
W	/hat rev	vard c	an you give	yourself!	for perfo	orming your	tiny habit?		
Μ	My tiny habit is, my goal habit is								-
								ed book or watching Netflix elf and say, "That's like me	



Celebrate your new habit, whether you do ten pushups or one.

YOU just made your habit so small that it is almost impossible to fail.

By checking this box, I pledge to install my tiny habit.

WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT. Oristotte

If possible, start your habit on a new beginning. It could be a birthday, a new year, a new month, or even a Monday. Work not to miss two days in a row. Remind yourself daily of the person you want to be and know your new habit will support you!

> And remember, we are all human so.... when you fail, say "Oh Well" and start again.



