

Fine-tune Your Resolutions to Ring in the New Year

DECIDE WHO YOU WANT BECOME

- In [Atomic Habits](#), James Clear suggests that instead of focusing on what we want, we can be more successful if we focus on who we want to become. He states,
**"It's one thing to say I'm the type of person who wants this.
It's something very different to say I am the type of person who is this."**
- "Decide the type of person you want to be and prove it to yourself with small wins."

BELIEVE

- Know that you can become that person. Our brains and bodies are far more malleable than we think! Adopt a growth mindset and know that you will be able to change; you just are not there YET.

MAKE A TINY, TINY, TINY NEW HABIT

- Look at our self-improvement habits like tiny sections in music that need to be mastered. They are the building blocks that will help us develop our optimal selves.
- "Atomic habits are small 1% improvements in behavior that, over time, compound into full-blown behavior change and positive habits." - [Atomic Habits](#) by James Clear
- "Keystone habits can spark chain reactions that help other good habits take hold." - [The Power of Habit](#) by Charles Duhigg .
- Make your new habit so small it is almost impossible to fail. You could even **JUST SHOW UP**.

CELEBRATE

- "Celebration will one day be ranked alongside mindfulness and gratitude as daily practices that contribute most to our overall happiness and well-being. If you learn one thing from my entire book, I hope it's this:
Celebrate your tiny successes." - [Tiny Habits](#) by BJ Fogg

CONNECT TO NEW BEGINNINGS AND BE FLEXIBLE.

- 'The Fresh Start Effect' A New Year, month, birthday, or even a Monday can help you sustain a new habit. *How to Change* by Katy Milkman
- "*White. A blank page or canvas. So many possibilities*" – Stephen Sondheim

ATTACH YOUR NEW HABIT TO AN EXISTING HABIT

- [Habit stacking](#). After/Before (*current habit*), I will (*new habit*).

MEASURE

- Keeping track of your new habit helps you succeed. And try not to miss two days in a row. Any Habit Tracker will do. You can find mine [here](#).
- Along with your tiny habit, establish a goal habit.

THE POWER OF "OH WELL" AND START AGAIN

- An old Japanese proverb states, "Fall down seven times, stand up eight." We are human. We will fail. So, when you do fail, just say "Oh Well" and start again. This might be the most important tool!

The esteemed music educator Marcel Moyse tells us, "**It is a question of time, patience, and intelligent work.**"

Just like mastering an instrument, life change does not happen overnight.

Be patient, be consistent and work on your habits each day.

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

Aristotle

SELF-CARE HABITS FOR A MAJOR CHANGE

Move

- We only need **5649** steps to ward off depression - [The Joy of Movement](#) – Kelly McGonigle
- **7000 steps** will lead to a longer life.
- Perform [Exercise Snacks](#) (short bursts of exercise) for greater longevity and health.
- Consider a 1-minute session of [Shake Your Bones](#) recommended by Dr. Andrew Weill.

Sleep

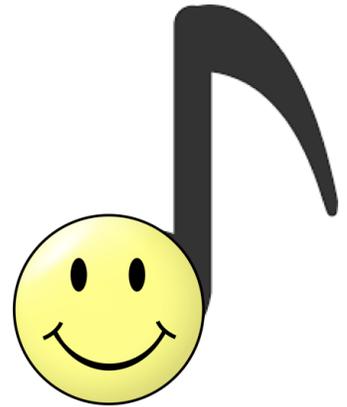
- Avoid eating 2 hours before bed. Also avoiding alcohol can lead to a more restorative sleep.

Eat

- There are many paths to enlightenment here, but most everyone agrees we should eat less sugar and processed food.

Meditation

- Beginner Zen meditation – simply count to 10.
On count 1, breathe in, count 2, breathe out, continue to 10 and start again.
- When your mind wanders, simply say “Oh Well” and start again.
- [Monteray Bay Live Jelly Cam](#) – a moment of Zen whenever you need it.
- Wirecutter top-rated meditation apps - [Headspace app](#), [Calm app](#)
- [Loving Kindness Meditation](#) – Barbara Fredrickson [Love 2.0](#)
May you (they) be safe.
May you (they) be healthy.
May you (they) be happy.
May you (they) live in peace.



Breathing – Breathing exercises are a form of mindfulness.

- Try [The 4-7-8 Relaxation Breath](#) as recommended by Dr. Andrew Weill.
Breathe in through your nose for 4 counts, hold for 7, and breathe out for 8 counts
- Or use any breathing pattern where the exhale is longer than the inhale to engage your relaxation response.
Try 4-2-6, 3-4-5, or any pattern that works for you.

Gratitude – Teachers who are more optimistic and grateful, outperform their peers.

- [The How of Happiness](#) by Sonja Lyobomirsky – Learn about the many benefits of a gratitude practice.
- Try an easy [Gratitude Journal Practice](#) from the Greater Good Science Center.
- Grateful Teeth Brushing (Rakas, 2021 😊) – When you brush your teeth, be grateful for one thing.

Journal

- If you need a little organization, try a [Bullet Journal](#). It is fabulous!

Brian Johnson and [optimize.me](#)

- Free enjoyable summaries and big ideas from 600 influential personal development books.
The highlighted books above are linked to Optimize summaries.

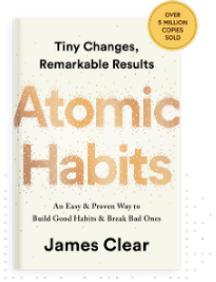
You cannot serve from an empty vessel.

Put your oxygen mask on first and tie your own shoelaces.

Self-care is not a luxury; it is a necessity.

Installing One Very Tiny Habit Worksheet

Inspired by James Clear, BJ Fogg, and Katy Milkman

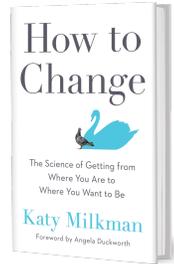


Who would you like to become?

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

Vitality Optimism Gratitude Calm Sleep Organization Humor Other _____

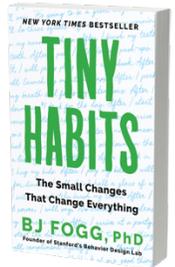
- What is one little daily habit you could install to support this area? _____
- Is there a way to take that little habit and make it any smaller? _____
- How can you make your new habit ridiculously small? _____
Make it so small that you cannot fail. Perhaps you can JUST SHOW UP ☺
- Now, let's attach your tiny new habit to an existing habit. Here are some examples:
 - *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.*
 - *When I go to bed, I will meditate for 20 seconds.*
 - *When my head hits the pillow at night, I will do 1-minute of a Loving Kindness Meditation*
 - *When I finish reading my emails, I will shake for 1-minute.*



Please fill in below:

If/When I _____, then I will _____ (woooo hoooo!)
(existing habit) s (new tiny habit)

- What reward can you give yourself for performing your tiny habit? _____
- My tiny habit is _____, my goal habit is _____



You can attach your new habit to a rewarding activity like listening to a good book or watching Netflix. Simply putting a check on a habit tracker could work, or just smile at yourself 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.

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.

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

Aristotle

Name _____

Month _____

JUST SHOW UP HABIT TRACKER

WE ARE
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Alvin Toffler

Your Tiny Habit	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Habit							
When will I do it?							
What is my minimum and goal amount?							



- Place a check on every day that you perform your tiny habit.
- Remember to make your tiny habit SO SMALL that you cannot fail.
- Attach your tiny habit to an existing habit.

When (or after) I _____, I will _____

- Doing 1 push-up counts, meditating for one minute counts, **JUST SHOWING UP COUNTS!** Put in your check
- Establish a minimum and goal amount for your tiny habit.
For example, Minimum – 1 push-up and Goal – 20 push-ups
- CELEBRATE** your tiny habit. **HURRAY** for your tiny step! #ThatsLikeYou
- The journey of a thousand miles begins with one step.
- Don't break the streak! Try not to miss two days in a row.

Once you have succeeded in performing your tiny habit for 30 days, add another

*"It doesn't matter where you start.
Only that you begin."*

Robin Sharma



TeachingPositivity.com