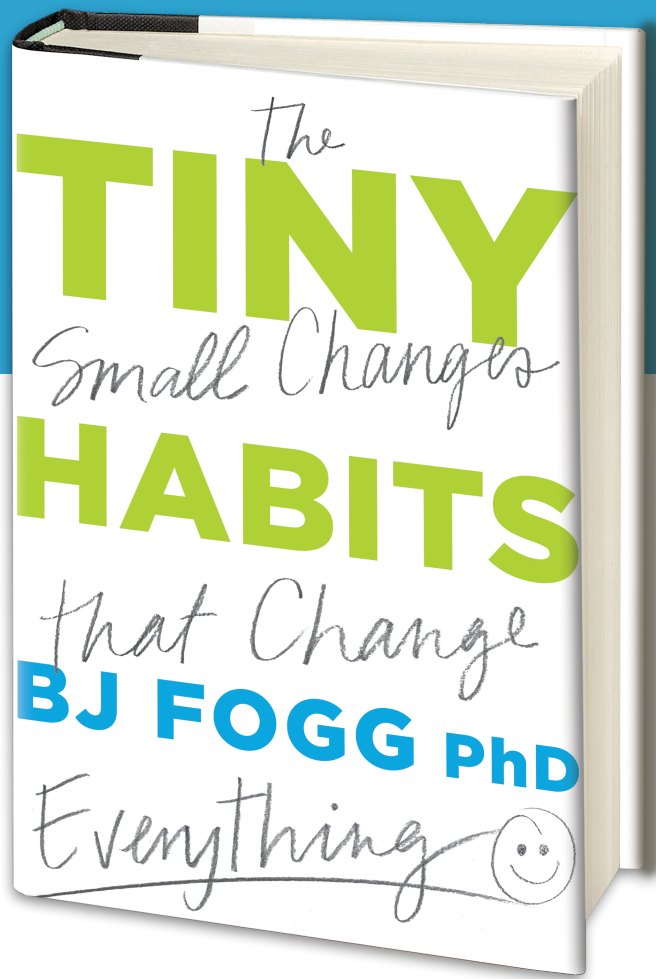




Tiny Habits Toolkit

Thank you for buying my book.



I want to help you get started right away.

Watch this video about the Tiny Habits Toolkit.



TinyHabits.com/video1



Let's get started! - BJ

What's inside?

- **5 practical videos from BJ Fogg** guiding you step-by-step in Tiny Habits
- **The Quickstart Guide** for Tiny Habits
- **The Expert Collection** of 60 new habits in areas that matter most
- **The Tiny Habits Template** for designing new habits
- **BJ Fogg's Cheatsheet** for creating habits super fast
- **The Simplest Way to Design A New Habit**
- **Plus: A free bonus**



Join us on social media and help your friends learn Tiny Habits, too.



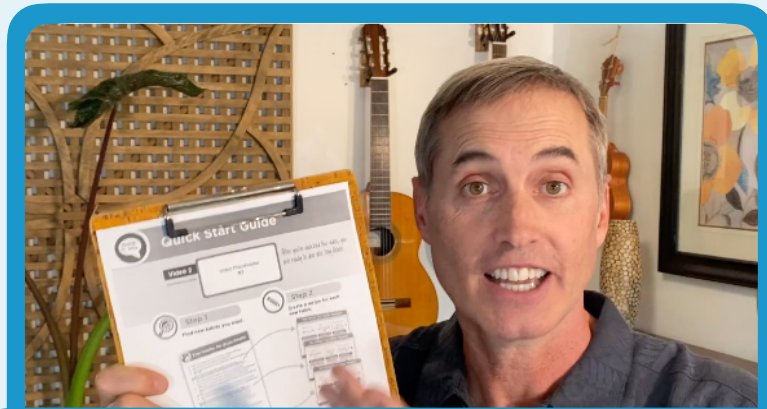
Tiny Habits: The Small Changes that Change Everything. **Learn more at TinyHabits.com**

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Quick Start Guide



TinyHabits.com/video2

After you've watched this video, you are ready to dive into Tiny Habits.



Step 1

Find new habits you want.



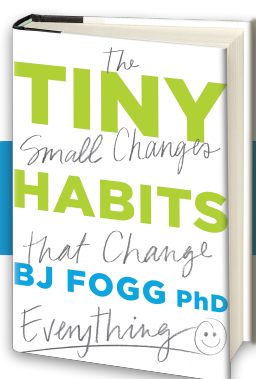
Step 2

Create a recipe for each new habit.



Step 3

Practice your new habits and revise recipes as needed



The future of behavior change is here.

[Learn more at TinyHabits.com](https://TinyHabits.com)

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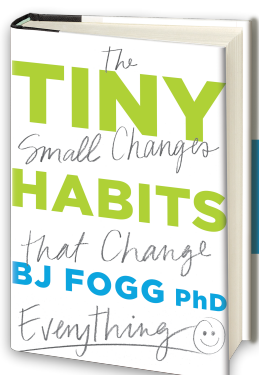
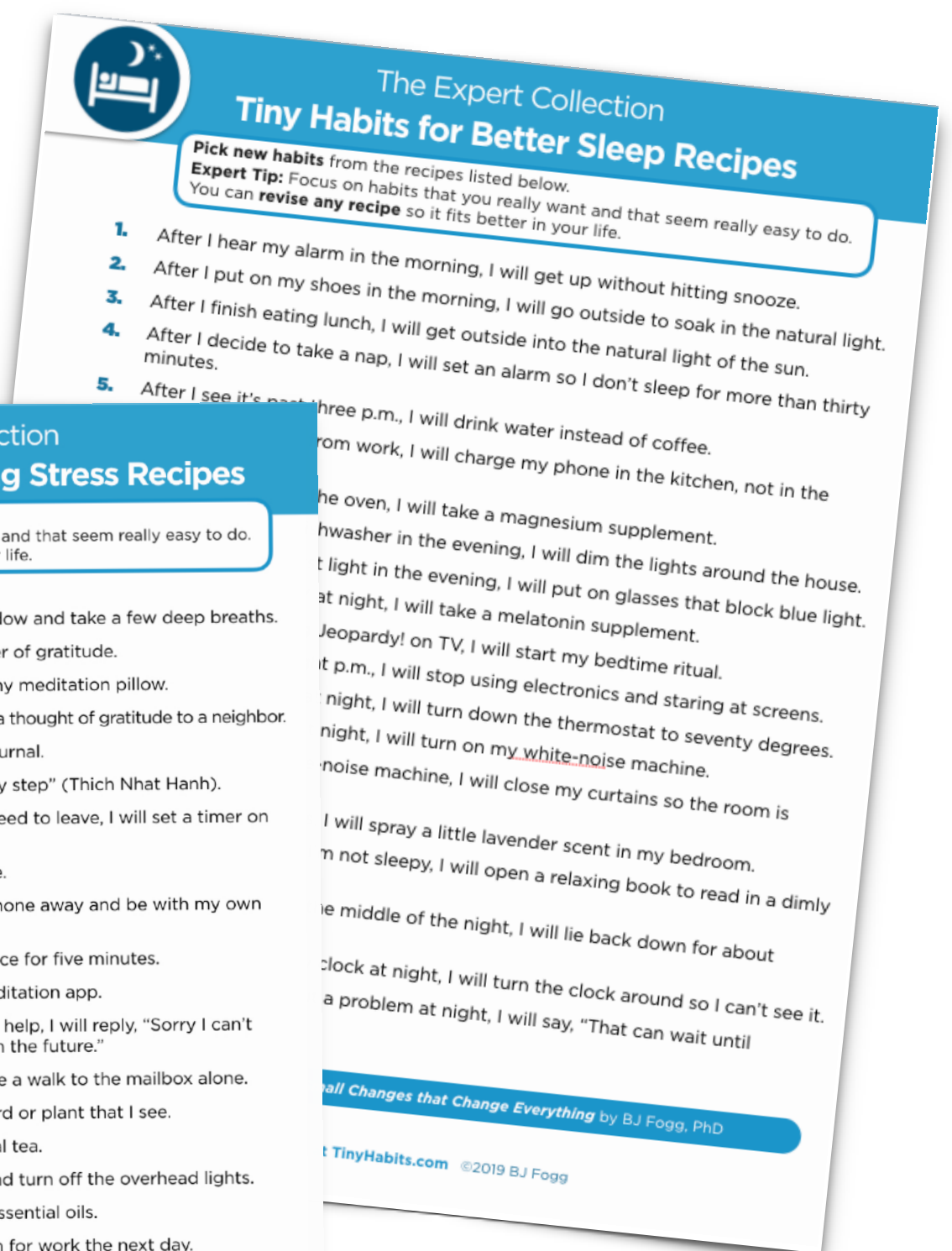
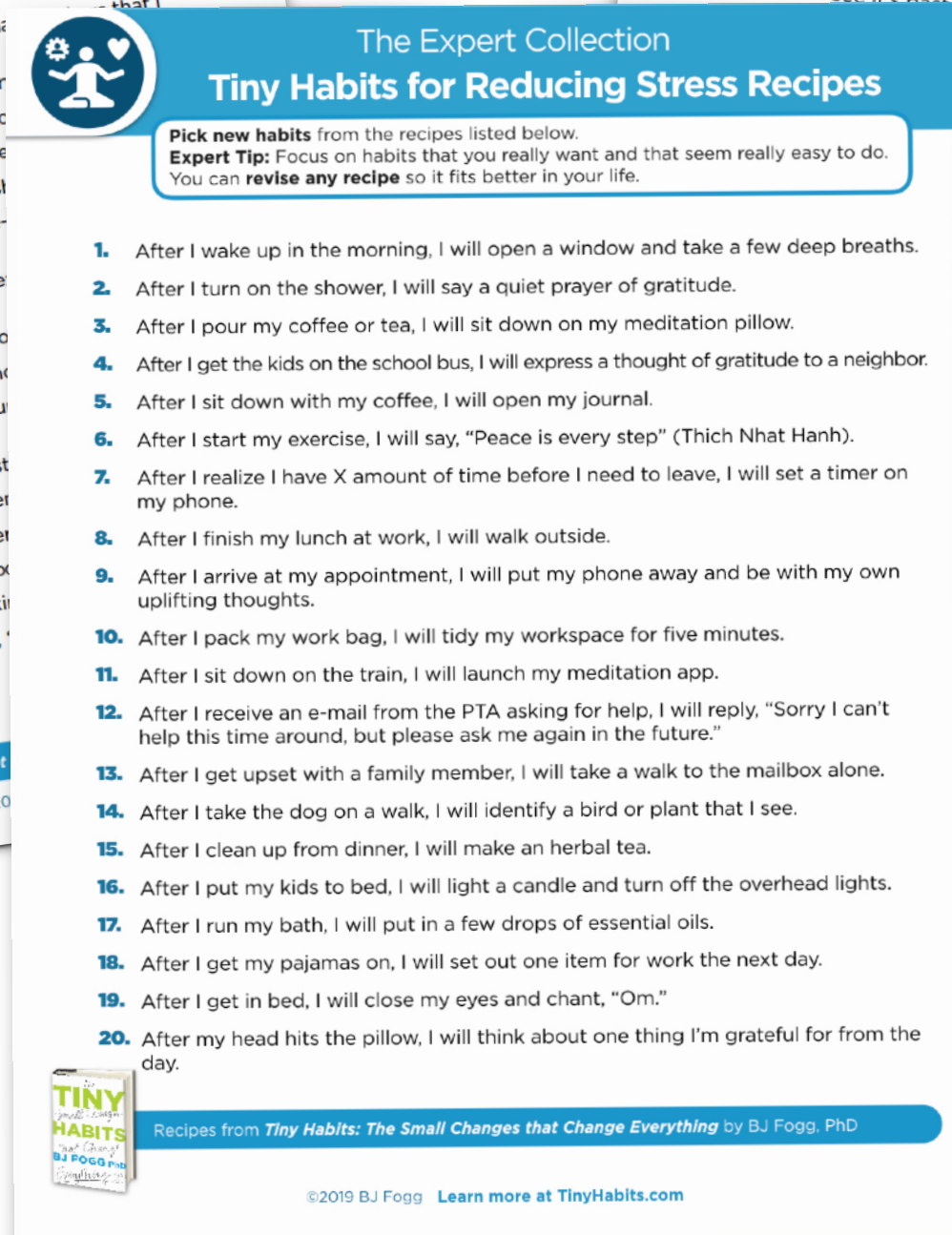
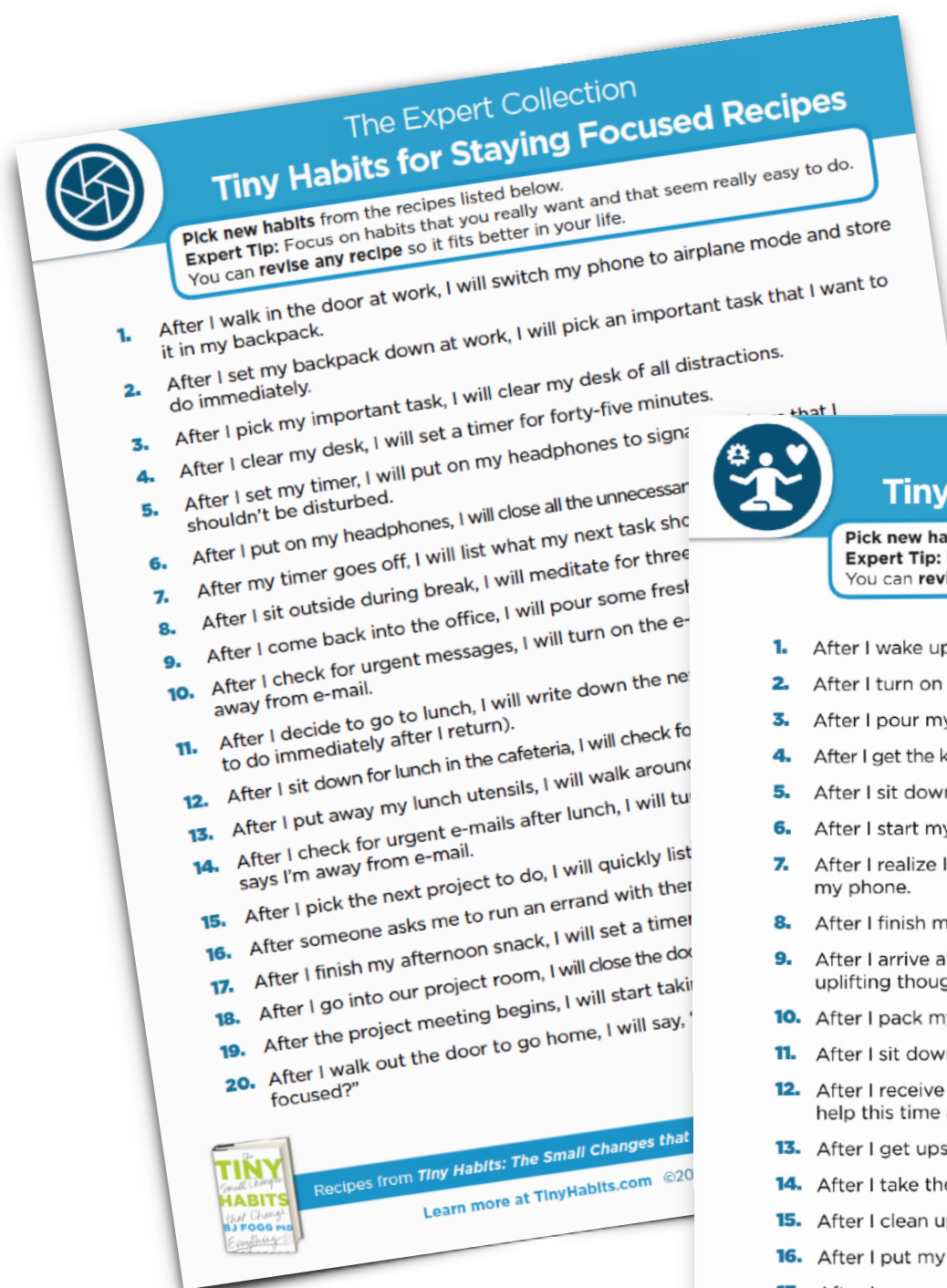
The Expert Collection



TinyHabits.com/video3

Select a few new habits you want from the Expert Collection.

My book has over 300 recipes for Tiny Habits. In this toolkit you'll find 60 habits to help you with stress, productivity, and sleep.



Choose habits you want to do, not habits you think you should do.

[Learn more at TinyHabits.com](https://TinyHabits.com)

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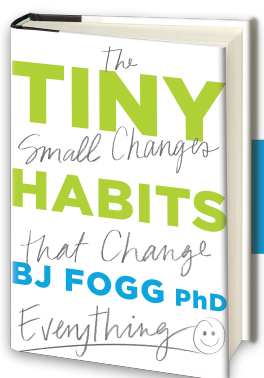
The Expert Collection

Tiny Habits for Reducing Stress

Pick new habits from the recipes listed below.

Expert Tip: Focus on habits that you really want and that seem really easy to do. You can **revise any recipe** so it fits better in your life.

1. After I wake up in the morning, I will open a window and take a few deep breaths.
2. After I turn on the shower, I will say a quiet prayer of gratitude.
3. After I pour my coffee or tea, I will sit down on my meditation pillow.
4. After I get the kids on the school bus, I will express a thought of gratitude to a neighbor.
5. After I sit down with my coffee, I will open my journal.
6. After I start my exercise, I will say, "Peace is every step" (Thich Nhat Hanh).
7. After I realize I have X amount of time before I need to leave, I will set a timer on my phone.
8. After I finish my lunch at work, I will walk outside.
9. After I arrive at my appointment, I will put my phone away and be with my own uplifting thoughts.
10. After I pack my work bag, I will tidy my workspace for five minutes.
11. After I sit down on the train, I will launch my meditation app.
12. After I receive an e-mail from the PTA asking for help, I will reply, "Sorry I can't help this time around, but please ask me again in the future."
13. After I get upset with a family member, I will take a walk to the mailbox alone.
14. After I take the dog on a walk, I will identify a bird or plant that I see.
15. After I clean up from dinner, I will make an herbal tea.
16. After I put my kids to bed, I will light a candle and turn off the overhead lights.
17. After I run my bath, I will put in a few drops of essential oils.
18. After I get my pajamas on, I will set out one item for work the next day.
19. After I get in bed, I will close my eyes and chant, "Om."
20. After my head hits the pillow, I will think about one thing I'm grateful for from the day.



Recipes from *Tiny Habits: The Small Changes that Change Everything* by BJ Fogg, PhD

[Learn more at TinyHabits.com](https://TinyHabits.com)

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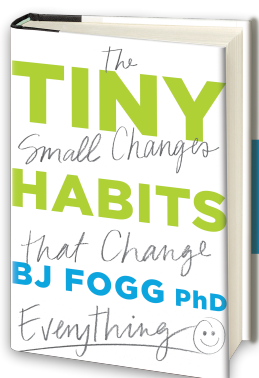
The Expert Collection

Tiny Habits for Staying Focused

Pick new habits from the recipes listed below.

Expert Tip: Focus on habits that you really want and that seem really easy to do. You can **revise any recipe** so it fits better in your life.

1. After I walk in the door at work, I will switch my phone to airplane mode and store it in my backpack.
2. After I set my backpack down at work, I will pick an important task that I want to do immediately.
3. After I pick my important task, I will clear my desk of all distractions.
4. After I clear my desk, I will set a timer for forty-five minutes.
5. After I set my timer, I will put on my headphones to signal to others that I shouldn't be disturbed.
6. After I put on my headphones, I will close all the unnecessary windows on my computer.
7. After my timer goes off, I will list what my next task should be and take a break.
8. After I sit outside during break, I will meditate for three breaths or longer.
9. After I come back into the office, I will pour some fresh coffee.
10. After I check for urgent messages, I will turn on the e-mail autoreply that says I'm away from e-mail.
11. After I decide to go to lunch, I will write down the next step on my project (what to do immediately after I return).
12. After I sit down for lunch in the cafeteria, I will check for any urgent personal messages.
13. After I put away my lunch utensils, I will walk around outside and recharge.
14. After I check for urgent e-mails after lunch, I will turn on the e-mail autoreply that says I'm away from e-mail.
15. After I pick the next project to do, I will quickly list the steps in the project.
16. After someone asks me to run an errand with them, I will say, "I can't right now. Sorry."
17. After I finish my afternoon snack, I will set a timer for a ten minute nap.
18. After I go into our project room, I will close the door and put up the do not disturb sign.
19. After the project meeting begins, I will start taking notes (so I stay tuned in).
20. After I walk out the door to go home, I will say, "Why am I so good at staying focused?"



Recipes from *Tiny Habits: The Small Changes that Change Everything* by BJ Fogg, PhD

Learn more at TinyHabits.com

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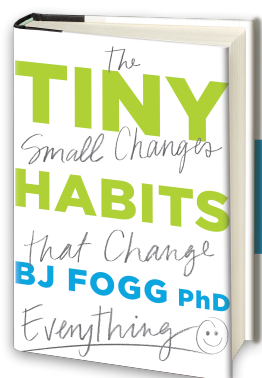
The Expert Collection

Tiny Habits for Better Sleep

Pick new habits from the recipes listed below.

Expert Tip: Focus on habits that you really want and that seem really easy to do. You can **revise any recipe** so it fits better in your life.

1. After I hear my alarm in the morning, I will get up without hitting snooze.
2. After I put on my shoes in the morning, I will go outside to soak in the natural light.
3. After I finish eating lunch, I will get outside into the natural light of the sun.
4. After I decide to take a nap, I will set an alarm so I don't sleep for more than thirty minutes.
5. After I see it's past three p.m., I will drink water instead of coffee.
6. After I arrive home from work, I will charge my phone in the kitchen, not in the bedroom.
7. After I put dinner in the oven, I will take a magnesium supplement.
8. After I turn on the dishwasher in the evening, I will dim the lights around the house.
9. After I turn on the first light in the evening, I will put on glasses that block blue light.
10. After I turn on the TV at night, I will take a melatonin supplement.
11. After I finish watching Jeopardy! on TV, I will start my bedtime ritual.
12. After I see it's past eight p.m., I will stop using electronics and staring at screens.
13. After I lock the doors at night, I will turn down the thermostat to seventy degrees.
14. After I floss my teeth at night, I will turn on my white-noise machine.
15. After I turn on my white-noise machine, I will close my curtains so the room is entirely dark.
16. After I close the curtains, I will spray a little lavender scent in my bedroom.
17. After I get into bed and I'm not sleepy, I will open a relaxing book to read in a dimly lit room.
18. After I want to get up in the middle of the night, I will lie back down for about fifteen seconds.
19. After I keep looking at my clock at night, I will turn the clock around so I can't see it.
20. After I start to worry about a problem at night, I will say, "That can wait until tomorrow."



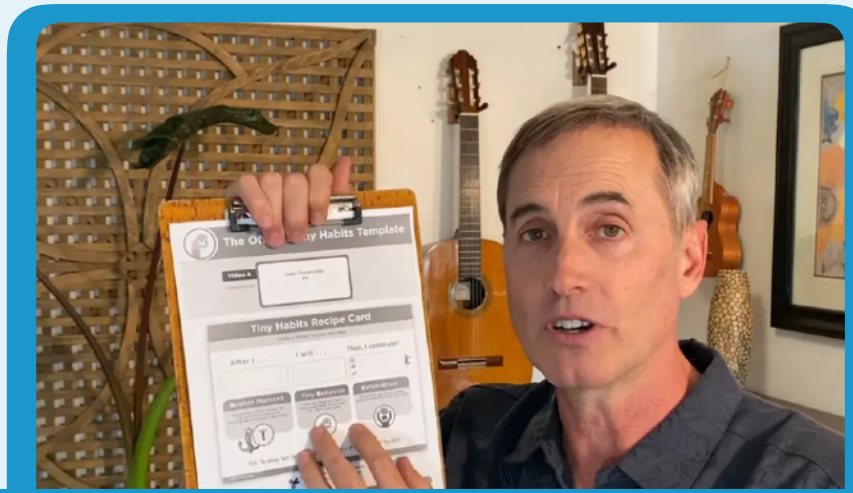
Recipes from *Tiny Habits: The Small Changes that Change Everything* by BJ Fogg, PhD

Learn more at TinyHabits.com

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Tiny Habits Recipe Template



How to fill in your
Tiny Habits Recipe
Cards.

TinyHabits.com/video4

Tiny Habits Recipe Card

Create a recipe for your new habit.

After I . . .

Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)



I will . . .

Tiny Behavior

The new habit you want but scaled back to be super tiny - and super easy.



Then, I celebrate!

Celebration

Something you do to create a positive feeling inside yourself.

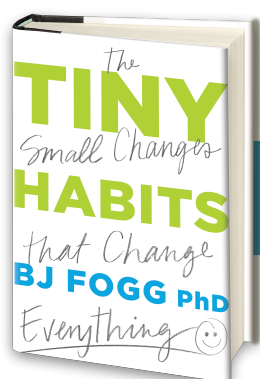


Note: Feel free to revise.

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Get Printable Recipe Cards Here:
TinyHabits.com/recipecards



You can design new habits into your life.

Learn more at TinyHabits.com

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BJ Fogg's Cheatsheet

Create Habits Super Fast



TinyHabits.com/video5

If you want to get great at creating habits, get great at celebrating. Here are some tips you can use.

With the Tiny Habits method, you create habits **quickly** by using a technique called celebration.



My book has an entire chapter on celebrations, but here's a summary:

Immediately after you do your new habit, **celebrate** so you feel a positive emotion. That's what wires the habit into your brain.

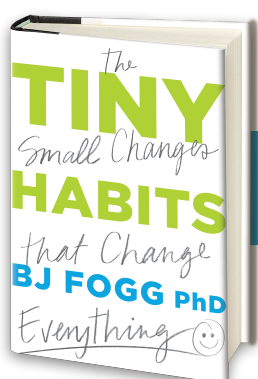


It's important to use a celebration that works for you — something that makes you feel happy and successful. You can use one of the celebrations below, or find something else that works for you.



A Tiny List of Celebrations

- Say, "Yes!" while you do a fist pump
- Smile big
- Hum a few seconds of a peppy song
- Raise your arms and say, "Victory!"
- Say, "Way to go!"
- Tap your fist on your heart three times
- Fist-bump yourself and explode both fists
- Say, "Nice!" and nod your head
- Inhale and think of energy entering you
- Snap your fingers multiple times
- Do a subtle head nod
- Do a double thumbs-up
- Do the floss dance
- Put your palms together in gratitude
- Hear celebratory trumpets in your head
- Pretend you just nailed a half-court shot
- Sing, "Hey now, you're a rock star."
- Imagine an audience applauding
- Rub your hands together in glee
- Drum a happy beat on a wall or desk



You change best by feeling **good**, not feeling **bad**.

Learn more at TinyHabits.com

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The Simplest Way to Design A New Habit

Start with a routine you already have

You can design a new habit into your life by starting with a routine you already do each day. With this routine in mind, you then **look for a new habit that would naturally follow your existing routine.**

Example:



Suppose you already start the coffeemaker each morning. That's your existing routine. Now ask yourself,

“What new habit would naturally come right after I **start the coffeemaker?”**

Maybe the new habit you want is **“feed my dog.”** If so, your Tiny Habit recipe would look like this:



After I start the coffeemaker, I will feed my dog.

If feeding the dog isn't right for you, explore other new habits that you want. Check out more examples here. >

More examples:

After I turn on the coffeemaker, **I will** _____

(choose one)

- ☐ text my mom.
- ☐ pour a glass of water.
- ☐ put on my walking shoes.

☒ _____
(insert your new habit here)

Now Apply It to Your Own Life:

Below are 20 common routines in daily life. You can use any one to anchor a new habit.

- After I wake up and my feet hit the floor
- After I turn on the shower
- After I brush my teeth
- **After I start the coffee maker**
- After I pour my coffee/tea
- After I feed my pet
- After I put on my shoes
- After I hang up the dog's leash
- After I start the car
- After I walk in the door at work
- After I put down my work bag
- After I sit down at a meeting
- After I feel the urge to snack
- After I lock/sleep my computer
- After I notice I'm feeling rushed
- After I sit down on the bus (or train)
- After I start the dishwasher
- After I turn off the TV at night
- After I plug in my phone to charge
- After I put my head on the pillow

STEP
#1

**Write
routine
here**

Let's geek out a bit . . .

In Tiny Habits, your existing routine is called an “Anchor” because it's stable and solid. You attach your new habit (feeding the dog) to a solid Anchor in your life (starting the coffeemaker.)

Tiny Habits Recipe Card

Create a recipe for your new habit.

After I . . .

*start the
coffee maker*

I will . . .

Then, I celebrate!

Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)



Tiny Behavior

The new habit you want but scaled back to be super tiny - and super easy.



Celebration

Something you do to create a positive feeling inside yourself.



Note: Feel free to revise.

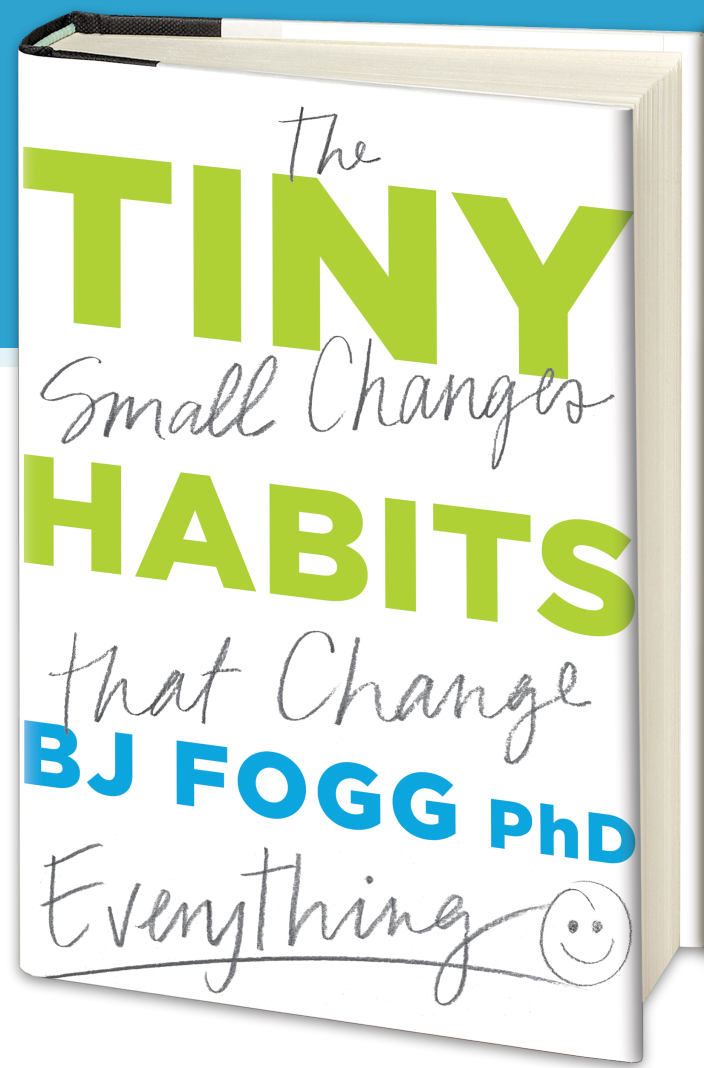
STEP
#2

Write in a new habit you want here

(Be sure it's super tiny!)



Get Printable Recipe Cards Here:
TinyHabits.com/recipecards



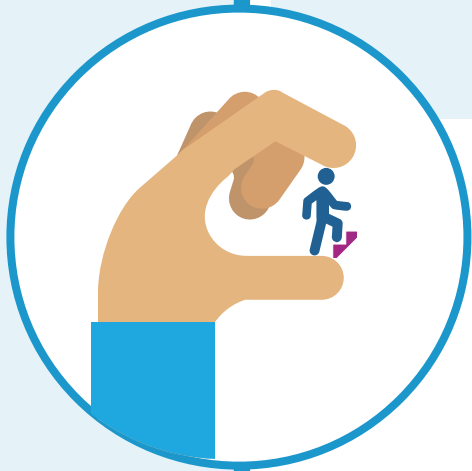
Grow your Tiny Habits Toolkit

In the weeks ahead I'll add more tools to the Tiny Habits Toolkit.

Sign up now to join our mailing list and get notified about new tools and resources:

TinyHabits.com/newtools

(This offer is available for people who have the book *Tiny Habits: The Small Changes That Change Everything*)



TINY IS MIGHTY!

You can start anywhere on the path to change with the Tiny Habits method.



Join with the Tiny Habits team to spread the word. Invite your friends to discover the small changes that change *everything* at **TinyHabits.com/book**.



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Thanks for joining me! - BJ



Learn more at TinyHabits.com

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Toolkit created in collaboration with Behavior Design Media.