

Tiny Habits® Anchor Moments

MORNING

- sit up in bed
- turn off my alarm
- turn off airplane mode
- pee
- flush the toilet
- turn on the shower
- dry my body
- hang up my towel
- wipe out the sink
- wash my face
- shave my face
- brush my hair
- weigh myself
- make the bed
- put lotion on
- tie my shoes
- put in my contacts
- put on my glasses
- put on my watch
- put on activity tracker
- pour myself a cup of coffee
- put the tea kettle on to boil

MIDDAY OR ANYTIME

- hear my phone ring
- hang up the phone
- wash my hands
- drink a cup of coffee
- drink a cup of tea
- empty my inbox
- park the car
- turn on my computer
- turn off my computer
- use the bathroom
- hug/kiss my spouse
- hug/kiss my kids
- sit down
- check Facebook
- make a purchase
- greet someone
- eat a snack
- write my daily task list
- open the fridge
- open the pantry
- put on my seatbelt

EVENING

- unlock my front door
- walk in the door after work
- hang up my keys
- put down my purse/ briefcase
- put dinner dish in the dishwasher
- start the dishwasher
- sit down to eat
- empty the dishwasher
- hang up the dog leash
- take out the garbage
- play with my kids
- help kids with homework
- turn off the TV
- take my makeup off
- get undressed
- take off my shoes
- say my prayers at night
- set my alarm
- write in my journal
- plug in my phone to charge
- put my phone on airplane mode
- plug in my computer to charge