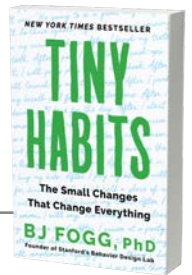


Tiny Habits® 10 Super Successful Recipes

Created by: BJ Fogg, PhD



1. **After** my feet touch the floor in the morning, **I will** say, "It's going to be a great day!" and celebrate.
2. **After I** flush the toilet, **I will** do two push-ups and celebrate.
3. **After I** brush my teeth, **I will** floss one tooth and celebrate.
4. **After I** turn on the shower for the water to get warm, **I will** stretch one part of my body and celebrate.
5. **After I** push the start button on my coffee maker, **I will** pack a healthy snack in my purse/bag and celebrate.
6. **After I** sit down at my desk, **I will** close my eyes and take two deep breaths and celebrate.
7. **After I** turn on my computer, **I will** write down a priority for the day and celebrate.
8. **After I** get home from work, **I will** put on my sneakers and celebrate.
9. **After I** start the dishwasher, **I will** wipe one section of the counter and celebrate.
10. **After I** lay my head on the pillow at night, **I will** think of one thing from that day that went well and celebrate.

For more information visit: TinyHabits.com

For help with Tiny Habits recipes: TinyHabits.com/Recipes

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