

# Tiny Habits Recipe Card

Create a recipe for your new habit.

After I ...

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.

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