



# **The Secrets of Tiny Habit<sup>®</sup> Success**

by Tiffany R Spencer

Learn how to change your life one tiny habit at a time with this groundbreaking new guide! Based on cutting-edge scientific research, this book reveals the secrets of successful habit formation – and shows you how to apply them in your own life. With The Secrets of Tiny Habit Success, you can finally create the habits you need to achieve your goals and live the life you want.

# A Surprising Fact about How to Form New Habits

How many times have you heard that it takes just a few weeks to develop a new habit? The truth is it only takes as little as 5 days to start a new habit, it just has to be laid out correctly and not based on motivation alone.

The myth about behavior becoming automatic in 21 days started when journalists misinterpreted a popular self-help book on Psycho-Cybernetics back in the 1960s. Using the Tiny Habits® methods, by BJ Fogg show us that even complex habits can be started now and snowball over time. People often believe that they must feel motivated and inspired before starting a new habit, but this is not always the case.

Fogg believes that simple tasks should be made into habits for people to gain maximum success and fulfilment from life. He explains that the brain finds it difficult to distinguish between something being good for us or bad for us, so when we perceive a task as being goal-directed, our brains naturally respond positively. It is easier to build up momentum by starting off with simple tasks and slowly increasing how often we do them over time.

He believes that Tiny Habits® works because it's easier to develop a complex habit by building many tiny habits together. This is opposed to trying to do everything at once and potentially becoming overwhelmed.

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# So how can you start developing new habits using the Tiny Habits method?

Here are a few tips:

1. State your desired outcome clearly and concisely.
2. Break down the desired outcome into tiny, manageable tasks that can be completed in a short amount of time.
3. Make sure you are genuinely enjoying the task at hand- if it feels like a chore, it's unlikely you'll stick to it.
4. Celebrate every victory, no matter how small- even if you only manage to do the task for one day, be proud of yourself!
5. Don't give up or get discouraged if you miss a day- pick the habit back up when you can.
6. Enjoy your new healthy lifestyle!

Tiny Habits® is effective in changing negative habits into beneficial ones. People need to remember that it takes time to build momentum within one's life, but it is achievable with the right mindset.

At work a great example of Tiny Habits® at work was in BJ Fogg's own personal development. He had struggled to floss for years before finally finding a way he enjoyed doing it by making it into a tiny habit. To this day, he has never missed his daily flossing routine.



**Habits don't have to  
be huge to be  
impactful.**

-Tiffany Spencer

## **Additional Basic Strategies for Habit Formation**

**Try these tips for easing into your new routines as quickly as possible:**

- 1. Plan ahead.** Eliminate excuses by plotting out your course in advance. If using the Tiny Habits Method, you want to anchor your habit to something you already are doing. If you are wanting to run a marathon, but your shoes are at the back door; your chances of getting up and running at 5 am are slim. But, if you anchor it to "when my feet hit the floor" I will put my socks on and get my running shoes on and celebrate my win! These small starter steps help build the routine over time. Slowly and gradually you will begin running after you put those shoes on and it will be based on habit, not motivation.

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**3. Review your reasons.** Using the Tiny Habits® Method, we want to write down our why for doing the task. BJ Fogg calls this your Motivation Formula (MF). This is a statement that you can use to remind yourself of your why. For example, my MF for flossing every day is "to have healthy teeth and gums so I can smile with confidence." When temptation or lazy moments come up, I read my MF, and I am reminded why I need to keep working towards that goal.

**4. Personalize your goals.** While you're contemplating your reasons, visualize your future self. What will your life look like if you succeed? How will you feel? What will others say about you? These are just a few questions to ask yourself to develop a personal connection to your goals. Doing so makes the task at hand more meaningful and inspires greater commitment.

**5. Make it fun.** One of the strongest ways our habits form in the nervous system is through celebration! We look at the tiny habit and find ways to celebrate each time we do it. If flossing, give yourself a gold star for your chart. Every day you floss, put one in your jar (see Tiny Habits), or if it is something like cooking every day, you can make up silly rap songs about how awesome you are! Whatever it is, reward yourself for your hard work!

### Advanced Strategies for Habit Formation

What if you're tackling something ambitious, these ideas will give you an extra boost:

- **Practice compassion.** You're bound to slip up occasionally. Forgive yourself, and move forward.
- **Team up.** Enlist a friend so you can exchange support and encouragement.
- **Write it down.** Raise your awareness by keeping a journal about your campaign to stop swearing or start flossing. Note what happens on the days you stick to your program compared to the days when you drift back into old patterns. **Remember:** this is only to flush out any feelings or emotions connected to your habit patterns. Use this as valuable information.
- **Design obstacles.** Make it difficult to give in to your old tendencies. Leave your credit cards at home to prevent impulsive shopping sprees. Take away your ability
- **Go on vacation.** Leave home for a while. Vacations are an ideal time to forge new habits because you can make a fresh start in different surroundings. Sit down to meditate each morning instead of becoming caught up in searching for lost socks or checking your email.

# Some Additional Action Items to Keep You **SUCCESSFUL**



- **DO NOT use post-it notes or phone alerts to remind you; this is not helping create strong neural pathways of behavior design. What if you lose your phone or your sticky note. This defeats the purpose of habit formation. You want it to be an automatic response over time.**
- **Grow with your behavior: Encourage yourself to grow more habits and extend your habit out. Meaning if you start with putting on your running shoes when you first wake up, allow that habit to continue to grow until you are out running, and it's not a habit.**
- **Don't be afraid to recognize if the habit is becoming more difficult to do. Could we anchor it to another place in your day? Maybe the morning time as your habit grows is not the best, your schedule has changed, and now it's easier to do in the evening. Reset your habit anchor and allow it to grow. That doesn't mean it's a failure; we have to reset the anchor moment for it to grow again. For example, now you will set your shoes next to the laundry hamper, so when you change your clothes and throw them in the hamper, you will put your shoes on a go!**
- **DO NOT raise the bar on yourself- Celebrate what you can do. Especially larger habits that need time.**
- **Always start with three habits- some will work out, some will not. It could be the anchor moment is off, not enough time, it's not small enough...but that does not mean you fail. We get to look at why the habit is not growing and make adjustments instead of feeling shame and guilt.**
- **TOO LARGE OF HABIT- is relying on motivation ALONE! The key is to keep it small and manageable and allow it to grow.**

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# Habit Formation Tool

After I \_\_\_\_\_

*(Anchor Moment): An existing routine in your life that will remind you to do the Tiny Behavior.*

I WILL \_\_\_\_\_

*(Tiny Behavior): The new behavior you want, but scaled back to its simplest form, tiny and easy.*

THEN \_\_\_\_\_

*(Celebration): Something you can do to create positive emotional responses, pat yourself on the back, jump for joy or laugh!*

### **Example Habits:**

*After I flush the toilet, I will do three squats and say to myself "I did it"*

*After I pet the dog sitting on the floor, I will roll over and do three abdominal crunches then I will jump for joy when I am done.*

*After I set my keys down, I will grab my cup and fill it with water then I will put a star on my chart for the water I drank today.*



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## Thank you!

I've donned quite a few caps throughout my career, from a registered medical professional and neuro-linguistic programming practitioner to a sales manager with more than 15 years of experience.

By using my skills as a medical practitioner and business leader, I'm helping high-performance leaders and individuals just like you gain control of their emotional intelligence, unlock better health and wellness, and even improve their working environments for themselves and their teams.

Let me do the same for you.

Tiffany Spencer, RN, BSN  
CEO & Founder of A Mindset by Design, LLC

