

Tiny Habit® Recipes That Go Well with Meditation

After I anchor/cue

- Realize I'm awake
- Finish the last step in making my bed*
- Put my tooth brush back in the holder
- Use the bathroom in the a.m.*
- Turn off my night lamp
- Sit down at the dinner table
- Turn off the TV at night*
- Come home and put down my bags*
- Pour my first cup of coffee *
- Arrive at work and put down my things
- Put on my seatbelt

I will tiny behavior

- Take 3 deep breaths
- Sit down on it and pause
- Put my hands over my heart
- ***Go to my meditation spot #1 most successful**
- *Think of one thing I'm grateful for
- Pause mindfully
- Put my device in silent mode
- Immediately sit down
- Pause and take a mindful breath
- Pause and picture myself driving mindfully
- Think thoughts of good will



And then celebrate

- Put palms together in gratitude
- Put your hands over your heart
- Inhale and take in the good vibes
- Take a bow
- Do a head nod
- Smile or picture yourself smiling
- Rub hands together with glee
- Say "You did it!", "Good job!", "Yes!" "Thank you!!!" or "I love you"
- Snap your fingers or clap your hands
- Hum a quiet victory song
- Wiggle your hips or shoulders
- Say to yourself, "I'm awesome!"

Tiny Habits®

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<https://www.stressreductionprograms.com/my-meditation-habit>

