

# My Recipe – Tiny Habits® Method

Please revise your recipe as needed. Revision is an important part of Tiny Habits. Learn more at [TinyHabits.com](http://TinyHabits.com)

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

I will ...  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To wire the habit into my brain,  
I will immediately do this:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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 you  
scale it back to be super tiny –  
and super easy. ©2019 BJ Fogg

**Celebration**  
Something you do to create a  
positive feeling inside of yourself  
(the feeling is called “shine”).

Instructions: Print on letter-sized cardstock, then cut along the perforated lines

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