

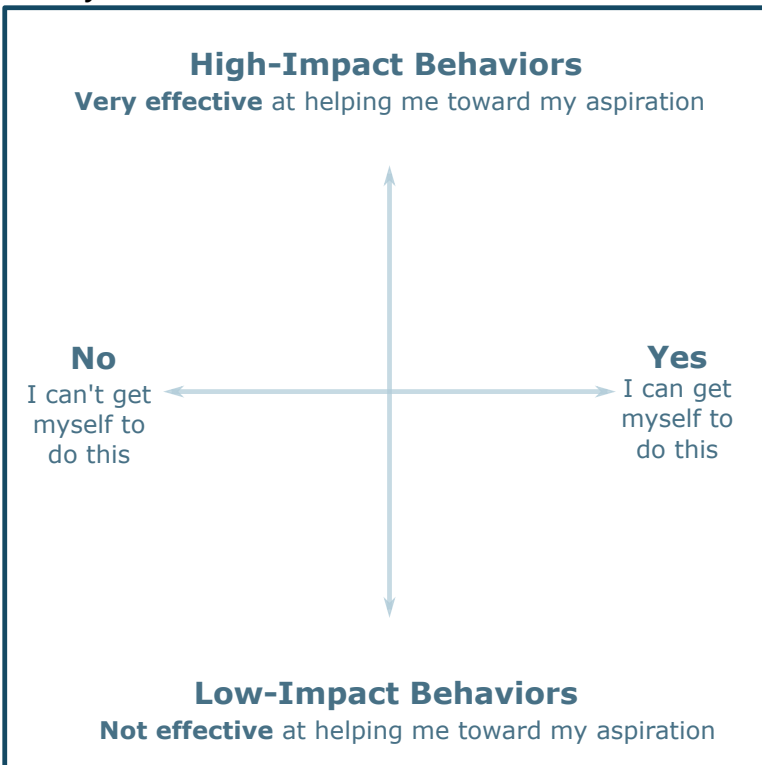
# "Tiny Habits" by BJ Fogg

Behavior Swarming to the Golden Behaviors **Behavior = Motivation + Ability + Prompt**

**Swarm** Aspiration & Outcome \_\_\_\_\_

Behaviors (be wildly optimistic at first, but also specific)  
[number your behaviors]

**Analyze** ("What will you do on the hardest day of the week?")



**Round One:**  
**Organize by Impact**  
"How effective is this behavior in helping me?"

**Round Two:**  
**Organize by Feasibility**  
"Can I get myself to do this?"

The behaviors in the upper right quadrant are your Golden Behaviors

**Recipe (Habit Chain)**

AFTER I...	I WILL....
brush teeth	floss one tooth
TO CELEBRATE, I WILL.....	fist pump