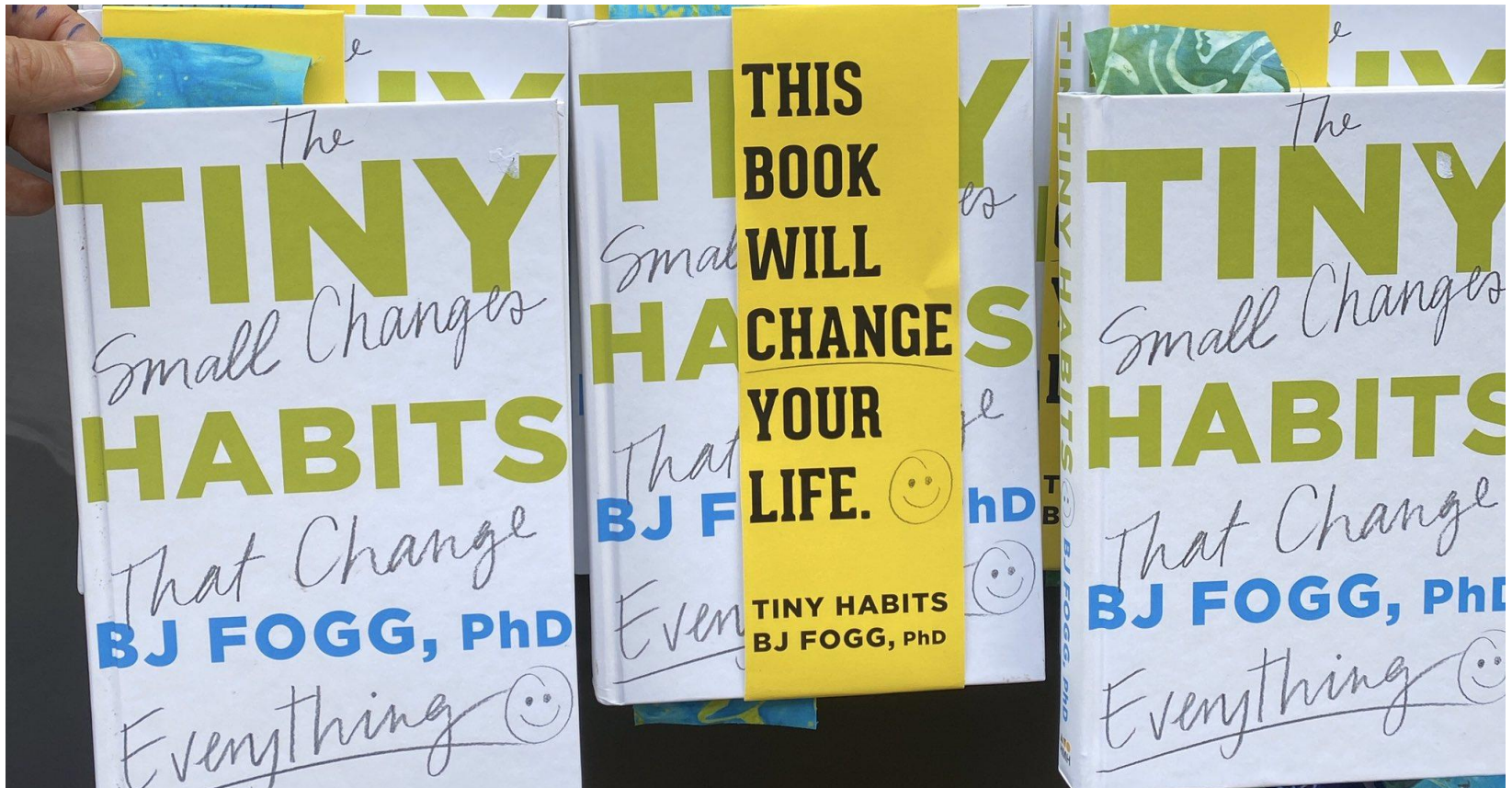


TINY Habits

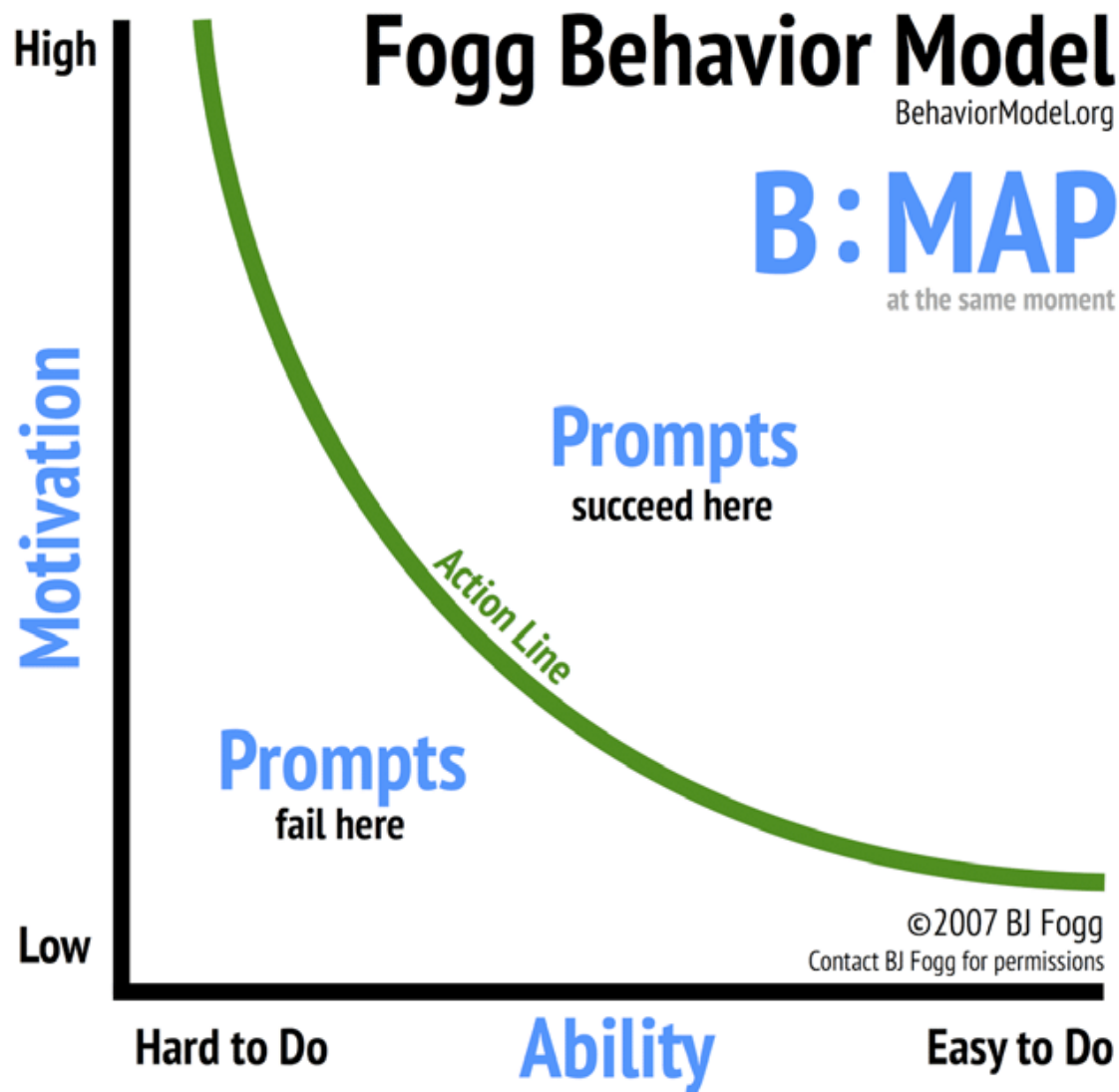
How can you make it work for you?



Our Agenda Today



- Tiny Habits Review
- Tiny Habits Case Study
 - Jonathan and Referrals
- Flow: Daily Routines (and Habits) that Boost Your Productivity
- Pop Quiz!
- Your questions/comments



©2018 BJ Fogg

Jonathan looks kinda like this, but with more grey...

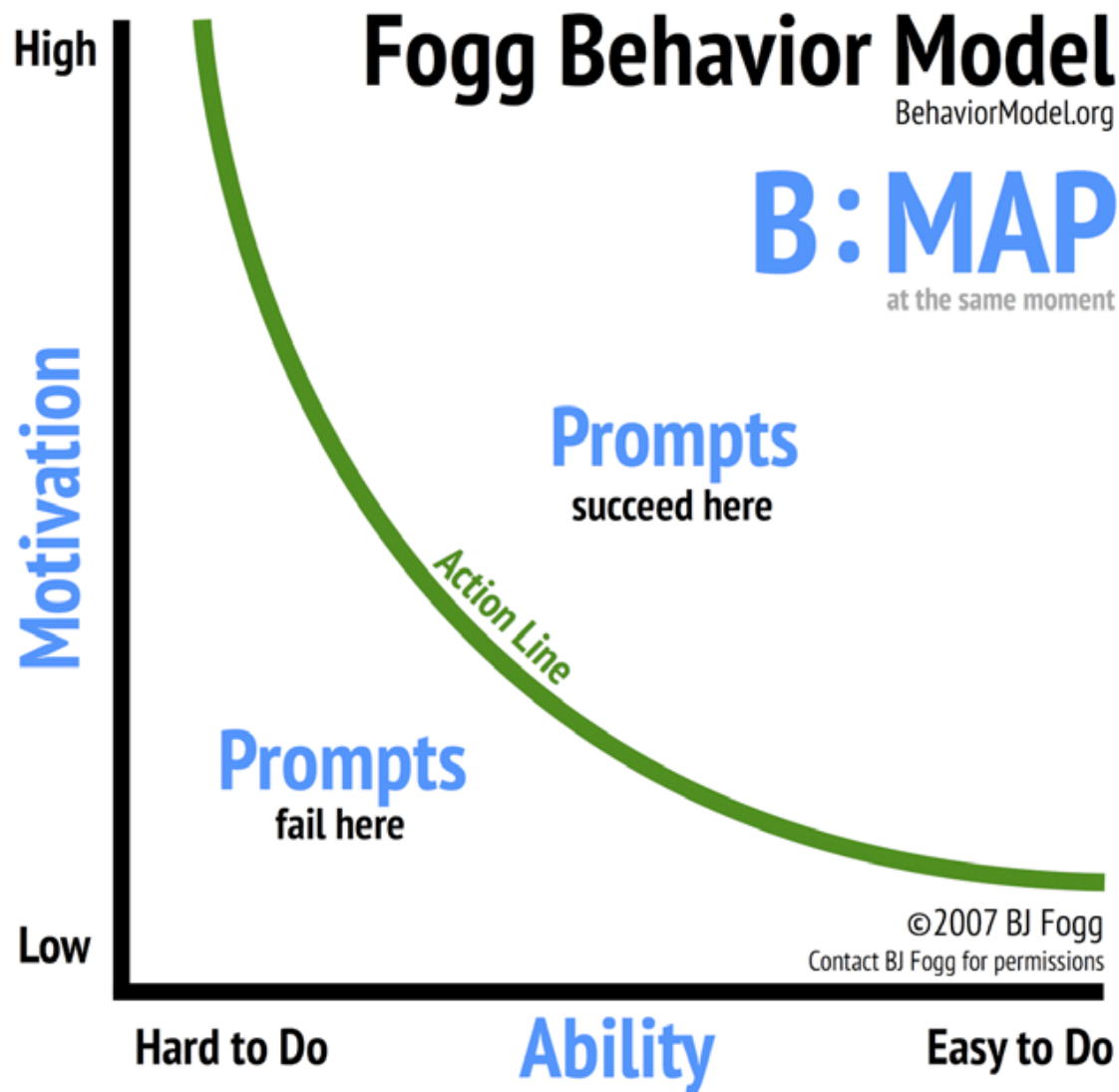


Ambitious Goals



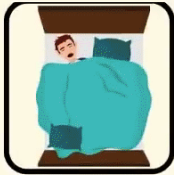




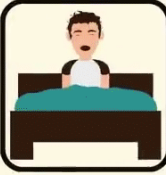


©2018 BJ Fogg

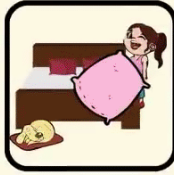
Routines, Behaviors and Habits



Go to bed



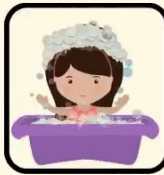
Wake up



Make my bed



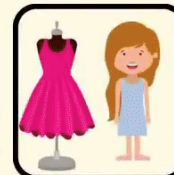
Brush
your teeth



Take a bath



Brush
your hair



Get dressed



Make dinner



Have
breakfast



Drive to work



Get home



Go to school



Surf the net



Play
with friends



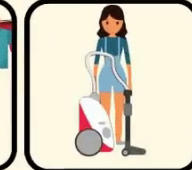
Do
the laundry



Iron
the clothes



Hang
the clothes



Vacuum
the floor



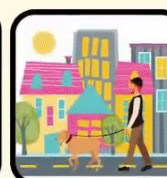
Put
on makeup



Wash
the car



Water
the plant



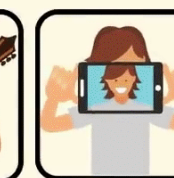
Go for
a walk



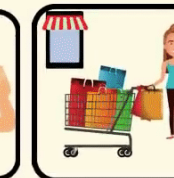
Go out
with a friend



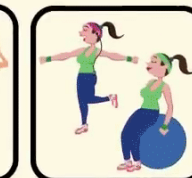
Play
the guitar



Take
pictures



Go shopping



Exercise

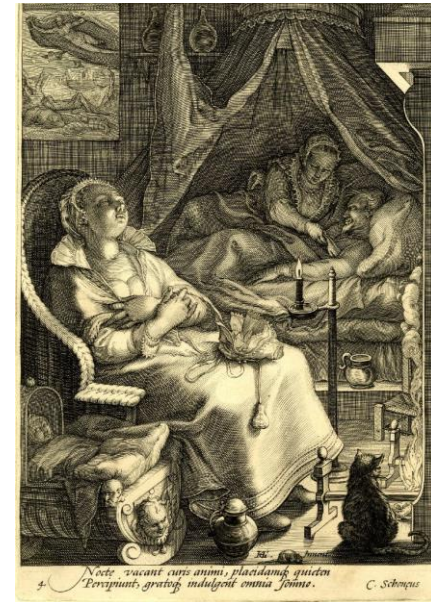
Flow:

The Daily Routines that Boost Your Productivity

- How you start the day sets the stage for a productive day (or not)
 - Merrill Lynch study
- The most effective way to enter the day is with “flow”, i.e. Focus & Involvement
- Home is where productivity is born

Sleep

- The role of sleep
 - The Sleep Mafia
- The “second sleep”



- *At Day's Close: Night in Times Past*

Blue light may not be as disrupt x

sciencedaily.com/releases/2019/12/191216173654.htm

Apps Hennepin County... Horsemouth LinkedIn News Coaching Page Tiny Habits Other Bookmarks

ScienceDaily®

Your source for the latest research news

Follow f t in Subscribe

New: Solving a Biological Puzzle: How Stress ...

Follow all of ScienceDaily's latest research news and top science headlines!

Health Tech Enviro Society Quirky

Search

Science News

from research organizations

Print Email Share

ADVERTISEMENT

Blue light may not be as disruptive to our sleep patterns as originally thought

Date: December 16, 2019

Source: University of Manchester

Summary: Contrary to common belief, blue light may not be as disruptive to our sleep patterns as originally thought -- according to scientists. According to the team, using dim, cooler, lights in the evening and bright warmer lights in the day may be more beneficial to our health.

Share: f t p in


RELATED TOPICS

Health & Medicine

Insomnia Research

Vitamin D


FULL STORY




Most Popular

this week

HEALTH & MEDICINE


Solving a Biological Puzzle: How Stress Causes Gray Hair

Dozens of Non-Oncology Drugs Can Kill Cancer Cells

Surgical Masks as Good as Respirators for Flu and Respiratory Virus Protection

MIND & BRAIN

America's Most Widely Consumed Oil Causes Genetic Changes in the Brain

Scientists Breach Brain Barriers to



[Home](#) / [Sleep Topics](#) / [How Alcohol Affects the Quality—And Quantity—Of Sleep](#)

This content was created by the National Sleep Foundation

Anyone who drinks alcohol from time to time knows that beer, wine, or spirits can sometimes leave you feeling drowsy. In fact, as many as 20 percent of Americans use alcohol to help them fall asleep. But while alcohol, a depressant, can help you fall asleep faster, it also contributes to poor **quality** sleep later. Here's what happens—behind your closed eyes—when you go to sleep after drinking.

There's a battle of sleep rhythms.

Drinking alcohol before bed is linked with more slow-wave **sleep patterns** called delta activity. That's the kind of deep sleep that allows for memory formation and learning. At the same time, another type of brain pattern—alpha activity—is also turned on.

Good Beginnings

- Assumption: It is good to begin your work in a good mood and a productive state.
- Quiz: How do you start your day?
 - Chat with friends?
 - Check email?
 - Social media?
 - News sites?
 - Scroll the internet?

JUST DO THE WORK.

How to Start the Day

- Jump into your work. Immediately.
- Or...you can begin even earlier. Like the day before.
 - When you are closing out the day, spend 1-2 minutes thinking about the next day.
 - It will give you calm & internal piece. (Improved sleep?)
 - And you start the next with with a

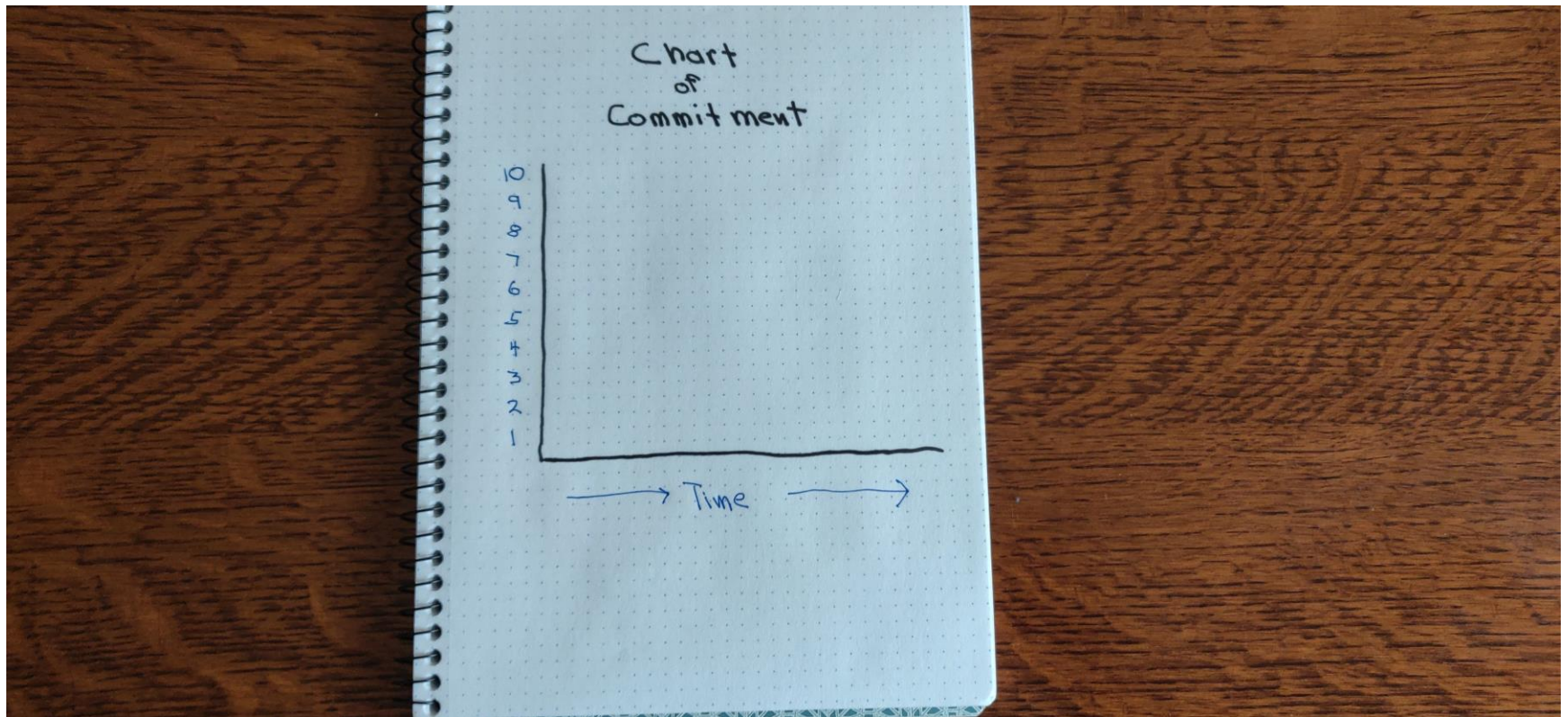


Disruptions & Productivity



- Every single interruption can cost you minutes to get back to the stage of mind where you were before.
- Recovering from the disruption can be longer than the break itself.
 - Microsoft study: 15 minutes recovery time?
- Antidote? Measure your time.

Chart of Commitment



Measure Your Commitment

- X axis = 's time, Y axis is (1-10)
- Set a recurring reminder on your phone.
10 mins? 30 mins? 1 hour?
- “What is my commitment to what I am doing?”

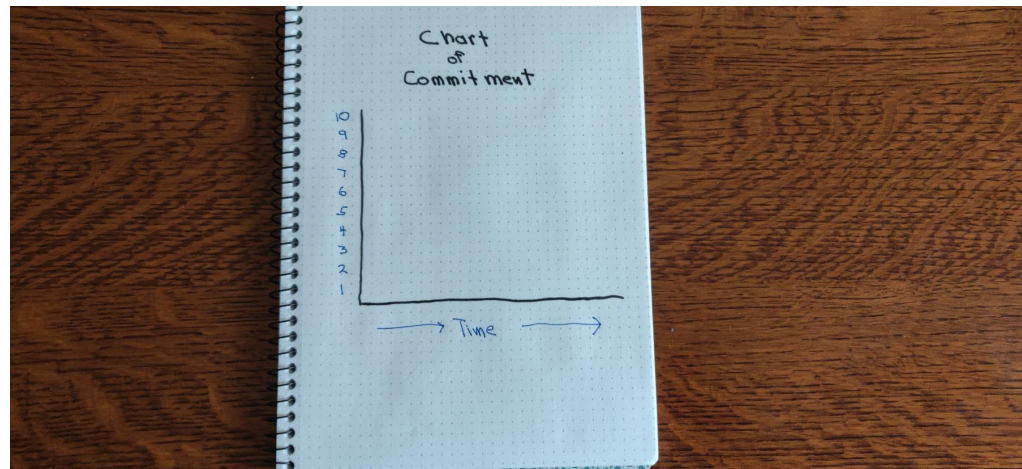
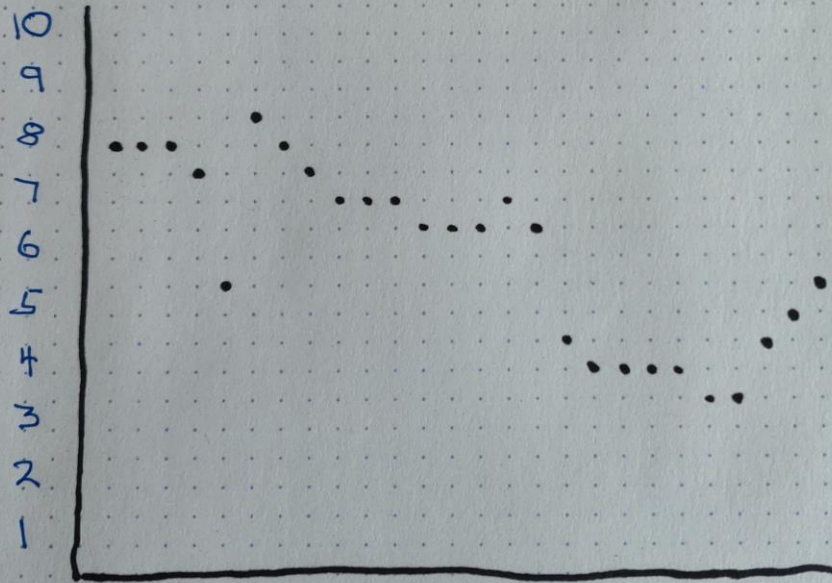


Chart of Commitment



Review the Chart of Commitment

- Review the patterns
- When is your commitment high?
 - What are the conditions?
- And when is it low?
 - What are the obstacles?
- Listen to yourself
 - You can't be productive all the time.
 - Yet, when you are productive...Go!!!

Pop Quiz!

“As a result of what you have heard today...what is One New Behavior...that you’d like to begin?”

Also, later this year...



Tiny Habits Coaching Group



Tiny Habits Workshops

Questions?

- My contact info:
cholman@Horsemouth.com

