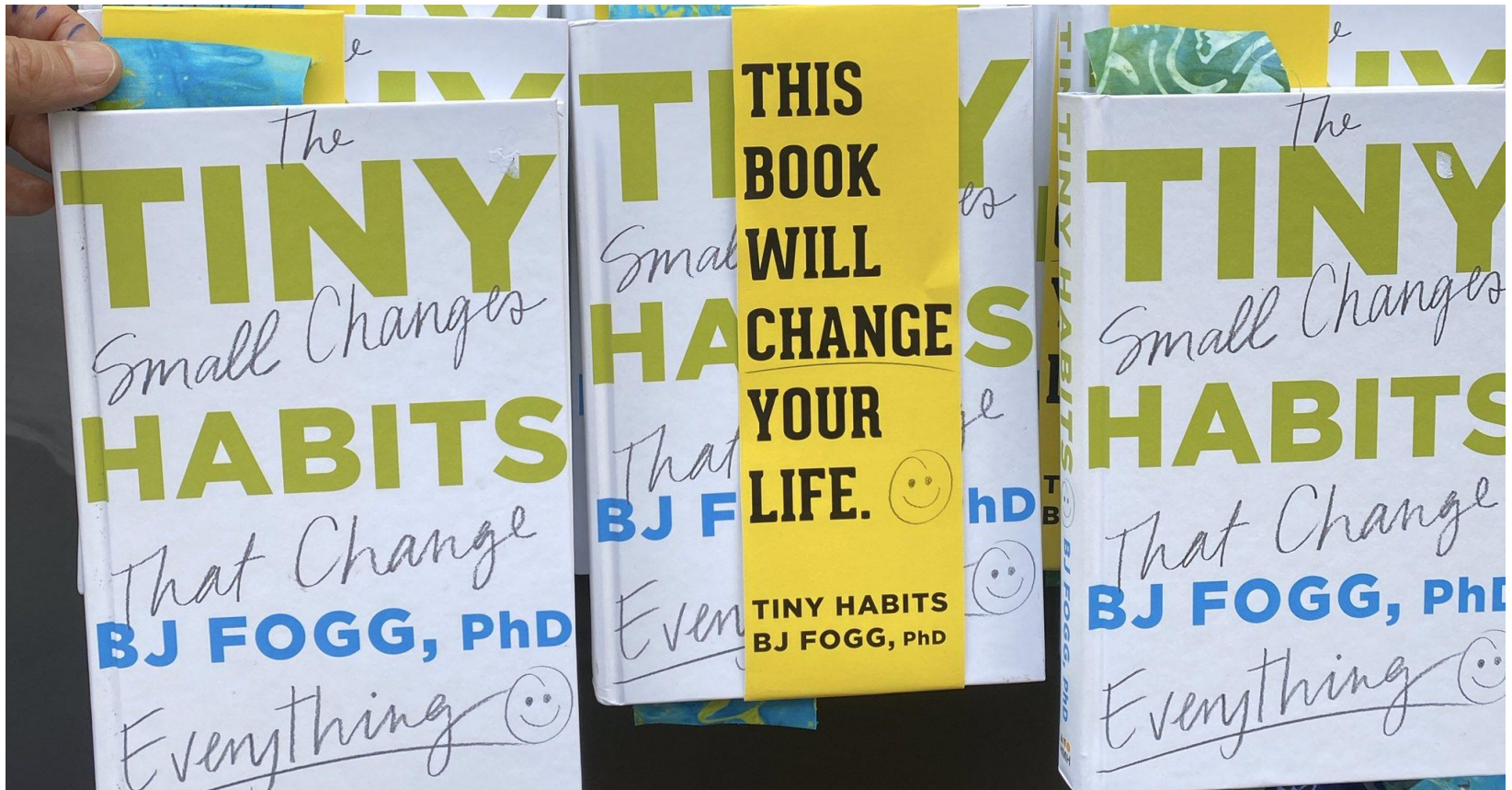


TINY Habits

The Small Changes that Change Everything



Our Agenda Today



- “This book will change your life”???
- BJ Fogg interview, Part 1
- Fogg Behavior Model
- The “Tiny Habits” Challenge
- Your questions/comments

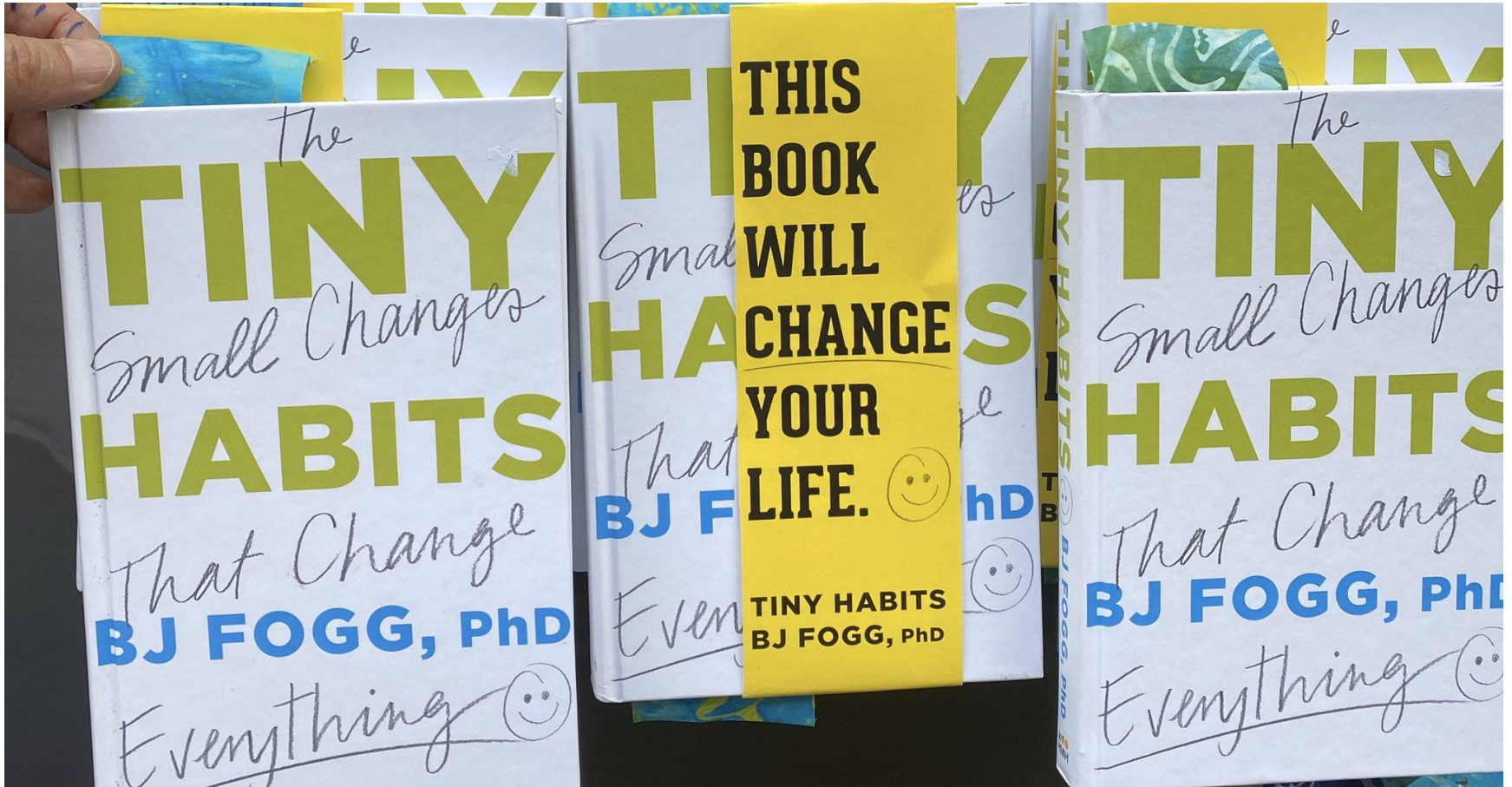


\$13 Million Story

Red Bull gives you wiings.



Could this be true?



In 2019, my distraction of choice was...

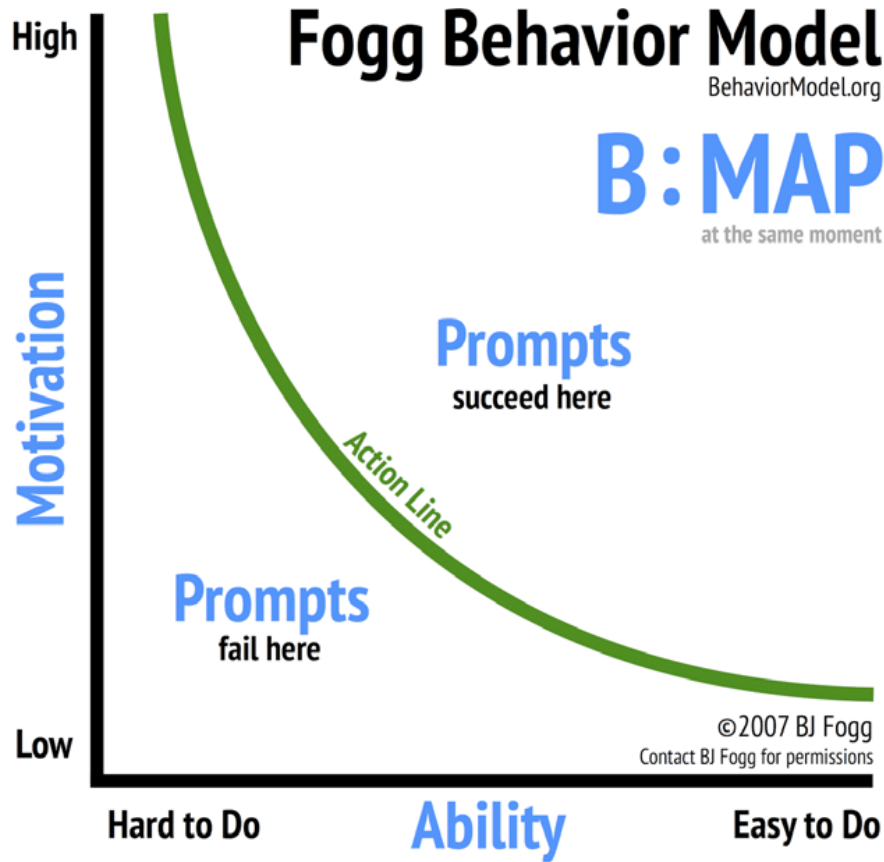


Which led to these outcomes...

- Inability to focus
- Difficulty with follow-through
- Procrastination
- Impatience
- Anger
- Fear
- Shame



Yet, using the Fogg Behavior Model...

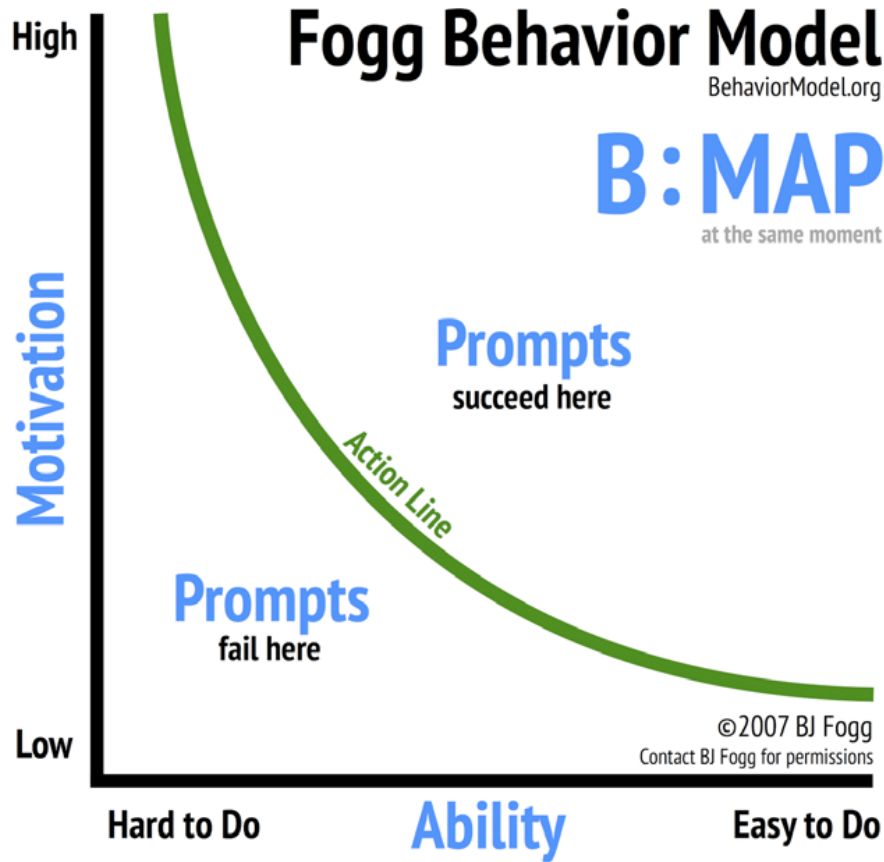


©2018 BJ Fogg

I ended my Twitter habit overnight...

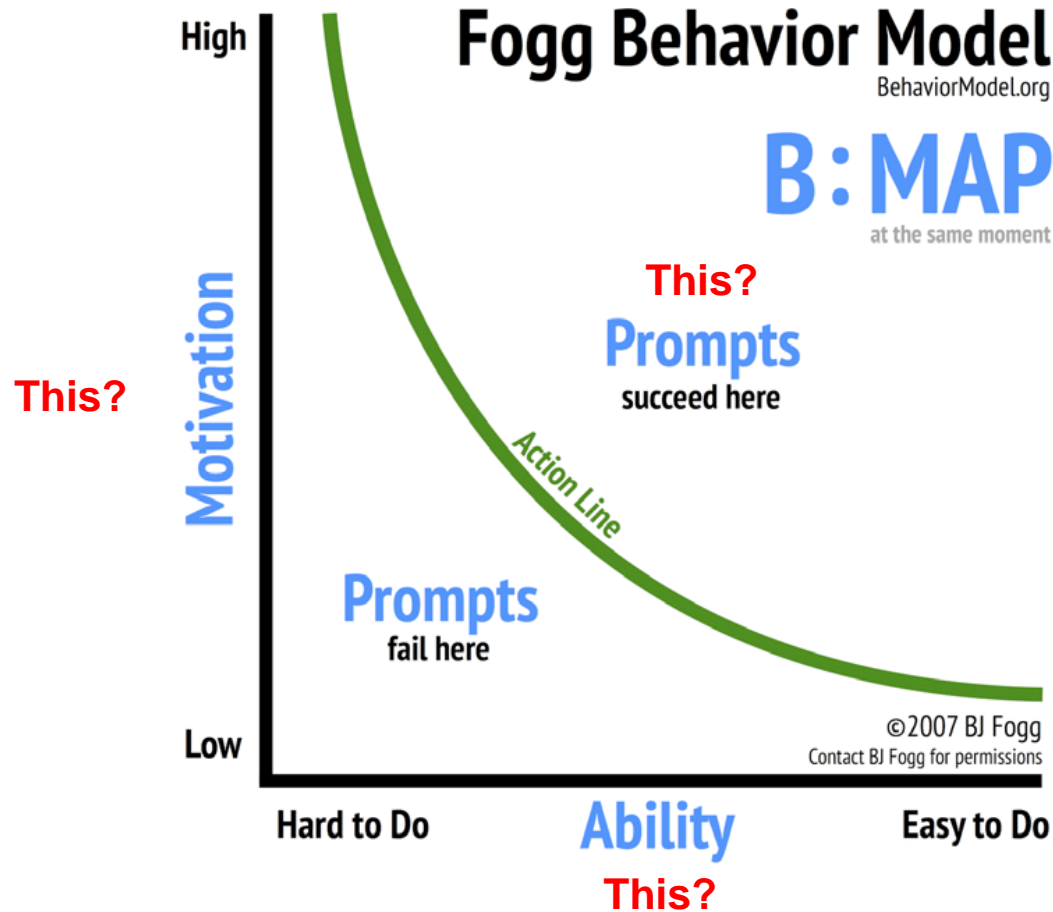


By changing just one “tiny” thing...



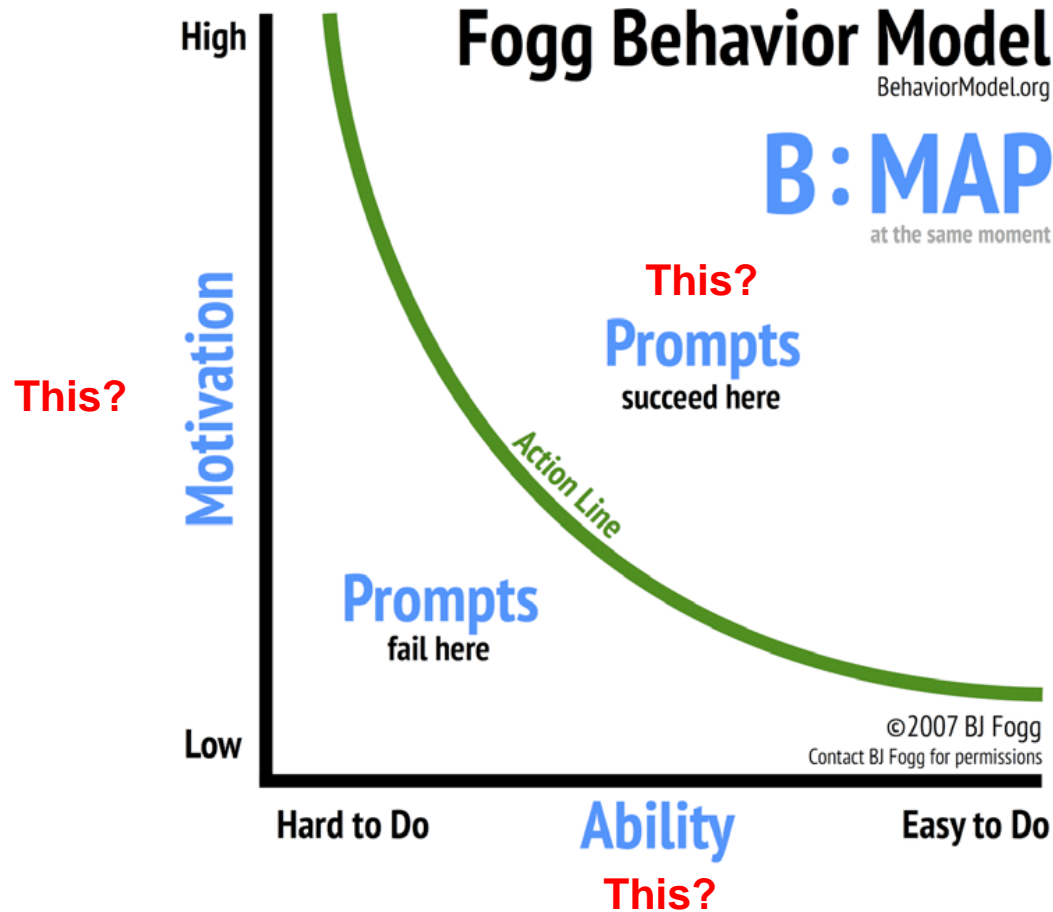
©2018 BJ Fogg

What did I change?



Insert conversation with BJ Fogg here

What did I change?



Chrome File Edit View History Bookmarks People Tab Window Help

Tiny Habits Book | BJ Fogg

tinyhabits.com/book

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

Tiny Habits The Book Free 5-Day Program What People Say In The Media Certification Program More

The groundbreaking *The New York Times* THE WALL STREET JOURNAL best seller

"On the subject of Behavior Design, **no one on earth** could author a more **informative and anticipated** book than BJ Fogg"

★★★★★

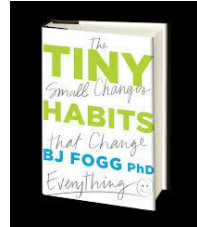
— Robert Cialdini, *New York Times* Best Selling Author of *Influence*

ORDER TINY HABITS NOW



Also, later this year...

Tiny Habits Book Club
Tuesday
January 28th
4:00 PM ET



Tiny Habits Workshops



Tiny Habits Coaching Group

The “Tiny Habits” Challenge

What new habit do you want to create?

What old habit do you want to end?



The coach is in!
cholman@Horsemouth.com

Questions?

