

# Cracking the Habit Code

21 days to keeping your resolutions

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Day 3:

Start Small & Go Slow

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# 3: Start small & go slow

- \* We are going to slow it down, which isn't going to be fun for a lot of you
- \* Better to make slow, steady progress than it is to have a spectacular failure
- \* Introducing...the “tiny habit” ala BJ Fogg, or the turtle step, ala Martha Beck, or “bird by bird,” ala Anne Lamott

# 3: Start small & go slow

\* First, ditch your ambition, please.

Remember: The turtle beat the hare

Need to build slowly, with a focus on “early wins” or “keystone habits”

Initiation of a new routine is key

# 3: Start small & go slow

\* Introducing:

> BJ Fogg

> Martha Beck

> Annie Lamott



# 3: Start small & go slow

- \* We need to see the individual “birds,” turtle steps, or tiny habits in our resolutions.
- Each routine can be seen as a series of thoughts and actions: these are your “birds.”
- What can you do for 30 seconds or less? What is your first step?
- It might seem small, but remember: initiation is half the battle

# 3: Start small & go slow

\* To BJ Fogg, a tiny habit is a behavior that:

- You do once a day (or more)
- Takes you less than 30 seconds
- Requires very, very little effort
- Is linked to your anchor, cue, or trigger
- Is celebrated during or 1 second after completion (the reward)

# 3: Start small & go slow

\* Remember to make your tiny habit easy.

What can you do to set yourself up for success?

“Arrange the world around you to make your new habit easy to do.”

–BJ Fogg

Mentally rehearse

Try to do it without post-its or alarms

The better you feel after you do your habit, the sooner you’ll be able to do it without thinking!