

Mini Habits

Eight Small Steps to Big Change

1. Choose your Mini Habits and Habit Plan
Pick a few “bite-sized habits” that will move you towards a larger goal. Examples:
 - 1 push-up (sit-up, chin-up, etc.) a day
 - Read 2 pages in a book each day
 - Drink 1 glass of water a day
 - Write down 1 thing you’re thankful for each day
 - Write 50 words a day
 - Practice the piano 5 minutes a day
2. Use the “Why” drill on each mini Habit.
Repetitively ask “why” you want to achieve your Mini Habit in order to solidify your motivation.
3. Define Your Habit Cues.
When are you going to do it (time or preceding activity)?
4. Create Your Reward Plan.
Laughter, treats, breaks, other things you like.
Rewards can be sense-based or goal-based.
5. Write Everything Down.
Documenting your progress builds your willpower and is, itself, a reward.
6. Think Small.
Keep your habit small so that you always have enough willpower to achieve it; if you have more willpower than you need, do more reps and reward yourself for “overachieving.”
7. Meet Your Schedule and Drop High Expectations.
Don’t adjust your goals upward, just over-perform.
Always meet your mini-goal.
8. Watch For Signs of Habit.
 - No resistance
 - Identification with the behavior (I am a writer)
 - Mindless, boring, “normalization”