# Tiny habits — big changes

### What is the tiny habits model? (Fogg, 2019)

The idea of a tiny habit is to make a task so small that you trick your mind into performing the behaviour repetitively until it becomes a more permanent part of your life.

The thought of writing 3000 words every day feels daunting. However, if you change your goal to writing 100 words every day, the task becomes easier.

It is helpful to begin habit formation by taking small steps that will eventually lead to a larger long-term change.

self-care

### What are some examples of tiny habits?

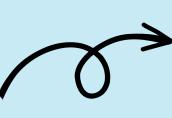
Speak to someone in class at least once

tiny habit to
improve
confidence + social
skills

Take ten minutes every day for quiet reflection time



Go outside for five minutes every day



tiny habit for productivity + health



## Key takeaways!

Once we get used to doing a behaviour consistently, it becomes easier to increase the intensity.

To overcome obstacles related to motivation and habit development, it is important to consider **small changes you can introduce to reduce the hesitation** or anxiety you may feel towards habit development.





This work is licensed under a Creative Commons Attribution-Non-Commercial 4.0 International License. Teaching and Learning Services (2023), McGill University.