

# 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.



## What are some examples of tiny habits?



## 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.



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