

## Practice Tiny Habits Exercise

*Spend some time completing these exercises and discuss with your Licensed Brain Trainer.*

### TINY HABITS THAT CAN LEAD TO BIG CHANGES

Tiny Habits are like baby steps—easy changes that will boost your sense of accomplishment and competence and, over time, evolve into bigger changes.

Each of these habits takes just a few minutes. They are anchored to something you do (or think or feel) every day—like getting out of bed, brushing your teeth, answering the phone, or driving your car.

The goal is for them to become automatic.

The Tiny Habits format is: When I do X (or when X happens), I will do Y.

Example: “When I drive, I will fasten my seatbelt to protect against head trauma.”

Celebrate whenever you adopt a Tiny Habit. Celebrations can be simple - like a fist pump or saying “Attaboy/ Attagirl” to yourself.

**Exercise: Here are 12 tiny habits we developed for our patients. Choose the ones that work best for you. Place a checkmark next to each Tiny Habit you try.**

TINY HABIT	ANCHOR	TINY BEHAVIOR	DONE
1	After my feet hit the floor	I will say “It’s going to be a great day”!	
2	After I get dressed for bed	I will reflect on one good thing that happened in my day.	
3	After I flush the toilet	I will think of one thing that I am grateful for.	
4	As I look at the menu to choose something to eat	I’ll ask if the items I choose are good or bad for my brain.	
5	After I start to blame someone else	I will think of one thing that I could have done to improve the situation.	
6	After I brush my teeth	I will take my supplements.	
7	After my head hits the pillow	I will think of 3 things that went well that day.	
8	After an automatic negative thought (ANT) pops up	I will write it down and ask if it is true.	
9	After I get out of the shower	I will read my ONE PAGE MIRACLE.	
10	After I wash and dry my hands	I will tense and relax my hands.	
11	After I pick up a new item at the grocery store	I will check the label for added sugar.	
12	After I start to argue	I will ask myself, “Is my behavior getting me what I want?”	