

Tiny Habits I – Introduction

Aim: To introduce participants to the concept and functioning of Tiny Habits

Key Topics: Motivation, Routines, Habits, Personal Development, Tiny Habits

Introduction: Motivation, Routines, and Habits

Video “Shaun of the Dead – Shaun walks to the shop”

<https://www.youtube.com/watch?v=MpkQPJ5w1o8>

A) Please write down as many Motivations, Routines and Habits as you can find in that video

Objective: *to connect the theoretical knowledge about Routines and Habits with concrete examples and reflect on them*

What are Tiny Habits and how do they work?

1 Video by BJ Fogg on Tiny Habits

<https://www.youtube.com/watch?v=AdKUJxjn-R8&t=837s>

<https://www.youtube.com/watch?v=2L1R7OtJhWs>

B) Please define the term Tiny Habits in your own words

Objective: *to define the key term of the module in their own words in order to better retain it*

C) Develop 5 Tiny Habits following the formula “If X [part of your daily routine] happens, I will do Y [new habit].”

Objective: *to have first first-hand experiences crafting their own Tiny Habits*