

Tiny Habits II - Reflection

Aim: To think and reflect about the uses of Tiny Habits beyond personal development

Key Topics: Tiny Habits, Personal Development, Structural Societal Issues, Reflection

A) Pick 3 of the following topics

- Climate Change
- Racism
- Integration
- Propaganda
- Unrealistic expectations
- Fear of the unfamiliar

Can the 3 topics you picked be solved with the use of Tiny Habits? Why/Why not?

Objective: *To have a first, more instinctive reaction to the idea of trying to solve larger issues with Tiny Habits*

B) Please develop 3 Tiny Habits to address each of the 3 topic you picked, following the format

"If X [part of your daily routine] happens, I will do Y [new habit]."

Objective: *To figure out and understand the connection between small steps and larger goals*

C) After developing Tiny Habits to address larger structural issues of society, how do you feel about Tiny Habits and the impact they can have?

Objective: *To reflect on their initial answer to the same question based on the experience and process of developing Tiny Habits on some of those issues*

D) How realistic to do are each of those habits you developed? Why?

Objective: *To reflect on the work done in this part of the module on an individual and societal level*