

Anatomy of a Health Habit

Maintaining good health is hard because good health depends on the practice of habits that are so very daily! If we are going to incorporate new healthy habits into our day, they need to be small and associated with something that is already part of our daily routine. Tiny Habits recipes to the rescue!

Personal application Questions:

Fill out the worksheet to write a Tiny Habits recipe for a tiny health habit that you would like to incorporate into your day. Remember - whether you want to run, walk, or crawl, it's all about small!

Step 1: Choose a health behavior that you have been wanting to incorporate into your life.

Remember to choose a behavior, rather than an outcome of a behavior.

Behavior I want to add:

Example: Eat 5 fruits and veggies each day

Step 2: Let's make that behavior tiny! What is a shrunken or scaled back version of the behavior you want to make part of your life?

Smaller version of behavior:

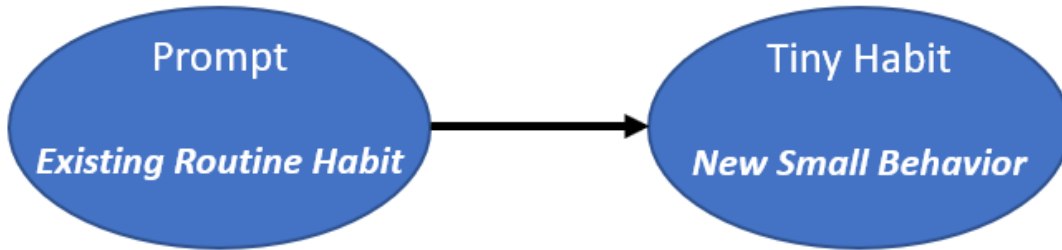
Example: Eat a veggie before dinner instead of opening a bag of chips.

Step 3: Let's make it even easier and tinier! Let's shrink it and scale it back even more!

Even smaller version of behavior:

Example: Put a veggie tray on the kitchen counter before starting to cook dinner.

Step 4: Make a list of possible prompts that could act as a trigger or reminder to do your tiny behavior? Remember that a good prompt is something that is *already* a part of your daily routine!



Possible prompts:

Example: Before I cook dinner, I always follow a recipe. To find my recipe, I always open my recipe program on my computer.

Step 5: Make a Tiny Habits Recipe!

**"After I....., + I will....."
[Prompt] + [Tiny Habit]**

Tiny Habits Recipe:

"After I..."

"I will..."

Example: After I open the recipe program on my computer, I will walk to the refrigerator and get out the veggie tray and put it on the kitchen counter!

Group Discussion Questions:

Share your Tiny Habits recipe with your group.

- Tell why you chose this specific small health behavior.

Ask the group to help you refine your Tiny Habits recipe:

- How could we make your Tiny Habits recipe easier to follow?
- Are there any one-time small starter steps that would be helpful as you begin?
- Is your health habit tiny enough to be simple and sustainable?
- Is your prompt already a regular part of your daily routine?

If you dare, ask someone in your group to pray for you and catch up with you in a few weeks and ask you these questions:

- How is your Tiny Habits recipe working out?
- What did you observe about yourself as you tried to follow the recipe?
- Knowing what you know now, how does your Tiny Habits recipe need to be refined?
- What is your updated Tiny Habits recipe?
- Can I continue praying for you and catch up with you in a few weeks to ask you about this again?

References:

Behavior Model [B = MAP] can be found at www.behaviormodel.org

For more information: [Tiny Habits](#), by [BJ Fogg](#) PhD

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