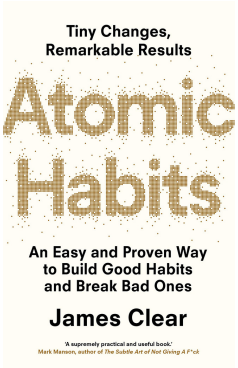
HABITS

"Mini Habits": A Small Tool for Big Results

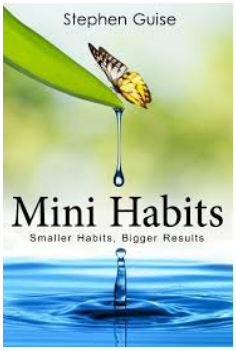
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# Recommended Reading:




*Atomic Habits: Tiny Changes, Remarkable Results* by James Clear

Suggested pages: 141-179




*Mini-Habits: Smaller Habits, Bigger Results* by Stephen Guise

Suggested pages: 1-24



*Examples of Recipes for Tiny Habits* by BJ Fogg. This is an incredibly useful google doc, available for free on Prof. Fogg's website. Click the linked image to the left to view it.



*BJ Fogg's website* (tinyhabitsacademy.org) contains additional resources including his free 5-day Tiny Habits online program. *Stephen Guise's website* (minihabits.com) contains additional resources.

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