

1 min. read
Quick Wins
that work



5 TINY HABITS That Will Change your life

(w/o overwhelming you)

Morning Power Start



1

Drink water before coffee

Rehydrate your brain and body first thing
—boost focus and energy naturally.



hydration brain function

Micro-Movement Breaks

2



1 min. movement
every hour

Stretch, walk, or dance
–tiny bursts of activity boost mood & productivity.



micro-exercise benefits

The Gratitude Shift

3



**Write down 1 thing
you're grateful for**

Gratitude rewires your brain for positivity
–1 thought, big change.



neuroscience of gratitude

Two-Minute Declutter



Clear a small space daily.

Tidy your desk, inbox, or kitchen
—less mess, more mental clarity.



decluttering mental clarity

The Compliment Habit

5



Give 1
genuine compliment

Lifting others lifts you too
—create ripple effects of kindness.



psychology of kindness



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Tiny Habits = Big Change
Which one will YOU try first?



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