**Monday Tiny Habits**

**Check-in email**

Directions (you will need to do this every day with each check-in email):

1. Put the subject as indicated below in the subject line of the email.

2. Copy the body of the email and paste it into the email.

3. Be sure to put your name at the end of the email where it says (your name) in blue.

4. Make sure all of the font is uniform in style and size. Check to make sure the spacing of sentences is correct.

5. Put all the recipients’ email addresses in the Bcc field. Put your email address in the To field and [linda@tinyhabitscoach.com](mailto:linda@tinyhabits.com) in the cc field.

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**Subject:** Victories today? Tiny Habits on Monday

**email message:** (below is the body of the email)

Hello there!

A bit of housekeeping: When you reply, put your response at the very top of your email back to us. For example, the ideal reply would be four letters, like this:

yyy y

If you have a question for us, put it after your reply. We will find it there.

Now for our two questions . . .

Did you do your Tiny Habits today?

Reply with "y" or "n" for each. For example, send us "yyy" for victories on all three.

Do you intend to do them tomorrow?

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Some guidance:

A. If you've set a Tiny Habit for later tonight give yourself a "y" now, and report on it again in tomorrow's email back to us.

B. It's okay to revise or replace your Tiny Habit recipe. That's part of the process.

We would love to know if you do revise or replace one of your Tiny Habits. Just tell us in your daily response what Tiny Habit you revised or replaced and the updated version. ie: Tiny Habit # 2 revised to: After I \_\_\_\_\_\_\_\_, I will \_\_\_\_\_\_\_. If you would rather not share your revisions, that is fine too.

C. For extra credit, see the optional reading below.

Keeping it tiny,

(your name)

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Extra Credit Reading about the Tiny Habits method

Think of it this way . . .

You already know how to do many full behaviors (floss all your teeth, exercise for a full 30 minutes, and so on).

What most people haven't mastered is making these desired behaviors automatic. So that's a key focus in Tiny Habits: training automaticity. Once that's rock solid, you can then work toward the full behavior (floss all your teeth -- victory!) without losing the automaticity. That's how you eventually master the full behavior as a habit. This tiny starting point plus the sequencing after an anchor is what makes the Tiny Habits method different from any other approach.