**Thursday Tiny Habits**

**Check-in email**

**Subject:** Thriving on Thursday?

**email message:**

Hello again . . .

As you know, Friday is our last official day for this session. But for now, I want to ask about Thursday.

**1. Did you do your Tiny Habits today?**

Reply with "y" or "n" for each. For example, send me "yyy" for victories on all 3.

**2. Do you intend to do them tomorrow?**

**3. Optional** (but super helpful for us): To this point in Tiny Habits, **what has surprised you most?**

Keep on celebrating,

--(your name)

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**Extra Credit Reading from BJ**

Mastering the Tiny Habits method means **learning how to do three things well**:

A. Picking a good tiny behavior

B. Finding what stable habit (or cue) will trigger the new behavior (more below)

C. Knowing how to self-reinforce with a celebration ("Victory!"<- We did this on Tuesday)

In future sessions of Tiny Habits, I may ask people to focus closely on B, the stable habits and cues in daily life.

Wouldn't it be great to have **a list of behaviors you do *every* day without fail**?

Then, to sequence in a new behavior, you could simply look at your list and find the right match. You'd ask: "**What does this new behavior most naturally follow**?"

Two years ago, I had my Stanford students map out their daily health habits. Most were surprised with what they learned: lots of habits in the morning, and not many habits again until the day was ending.

If you decide to make this list, you'll find two **types of stable behaviors,** both of which I call "anchors." You'll find behaviors you do just once each day. And you'll find those you do multiple times.

**Examples:**

* **One-time Anchors**: shave, put on shoes, leave for work, etc.
* **Multi-Anchors**: use toilet, wash hands, hang up phone, etc.

If you've read this far, you deserve extra credit. And if you do make a list of "anchors" in your life, you really are a superstar student. (Let us know)

**Oh, and one more thing . . .**

You'll find anchors in your life that are not behaviors you do. **There are anchors that happen to you**: the phone rings, the stoplight turns red, the sun sets, and so on. Again, some are one-timers, and some are multi.

So here's the key: **You need to match the new behavior you want with the best anchor to trigger your new behavior**.

[ . . . and now the graduate seminar will conclude]

BJ Fogg

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**Extra Credit Video:** [**http://www.youtube.com/watch?v=AdKUJxjn-R8**](http://www.youtube.com/watch?v=AdKUJxjn-R8)