**Tuesday Tiny Habits**

**Check-in email**

**Subject: Your Tuesday Victories \* Tiny Habits \***

**email message:**

Hello again!

**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.

(reply at the top of the email)

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

A. Wednesday seems to be tough on new habits. Stay on your game tomorrow.

B. If you don't like your Tiny Habit recipe, that's fine. Change it. A key skill is **learning to adapt the tiny behavior and sequencing**.

C. If "Victory!" doesn't work for you, try "I'm awesome," or "I can do this" -- Whatever helps you feel a winner. (See extra credit below for more)

Yes, you can get better at creating habits. That's what the Tiny Habits method is all about.

See you tomorrow,

(your name)

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**Extra Credit -- Optimizing Your "Victory" Moments . . .**

For some people, it's hard to remember the victory celebration after doing a new behavior.

Our advice: Please focus on feeling victorious.

Why? Because the **ability to self-reinforce** is key to rapid habit formation. It makes you **want to repeat the tiny behavior.**

With Tiny Habits, there are two moments when should declare victory. After you do the behavior is one of those moments. You already know that.

But here's something I've not yet told you: You should also **declare victory the moment you remember** to do your Tiny Habit sequence. For example, you get up from the dinner table and remember to read one sentence <-- At that moment you should conjure up feelings of awesomeness.

What works best for you? "Victory!" Or "Awesome!" Or "I am good at this!" Or something else?

**Explore the options** to find what creates the most reward for you. Here's one way: Say different options to yourself, in your head or aloud. After saying each option, pause to feel what happens inside.

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**More extra credit stuff from BJ . . .**

BJ's "Sandbox" -- Informal thoughts about sharing Tiny Habits, updated from time to time:<http://tinyhabits.com/sandbox/>

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