**Friday Tiny Habits**

**Check-in email**

**Subject:** Final day -> Tiny Habits

**email message:**

Today is the final day of this week's session.

Next week you will be practicing your Tiny Habits on your own.

If something doesn’t work right away, that’s no big deal. Just revise and keep going. In other words, say “no” to the idea of perfection and “yes” to importance of practice. That’s how you make real progress.

To wrap up this week, please do us the favor of answering three questions.

1. Did you do your Tiny Habits recipes today?

2. Do you intend to do them next week, Monday thru Friday?

3. After 5 days, which habit became MOST automatic for you? *(Extra credit: Why? -- a brief answer is fine)*

Thank you for joining us this week. Later today we will send you a few simple questions asking for your feedback.

Oh, one more thing . . . For most people weekday habits will differ from weekend habits. That's because your anchors differ. We suggest you create some Tiny Habits recipes just for weekends.

Remember, this is a process, not a quick fix. By changing your lifestyle with your tiny habits, you will be able to get closer to your goals, one baby step at a time.

As you go forward, here is the key: Add more tiny behaviors to your life, little by little.

--(your name)