

A close-up photograph of a small green seedling with two leaves growing from a piece of wood. The background is blurred.

Tiny Grit®

by Sukumar Rajagopal

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My 17-Year [26-43] Struggle to 180' (minutes) Consistent Vigorous

Exercise a Week



Sister LOL



Exercise Brain LOL

Barriers to 180' (minutes) of Consistent Vigorous Exercise a Week?



Please do the Kata in the App

Aha Moment

Limiting Beliefs



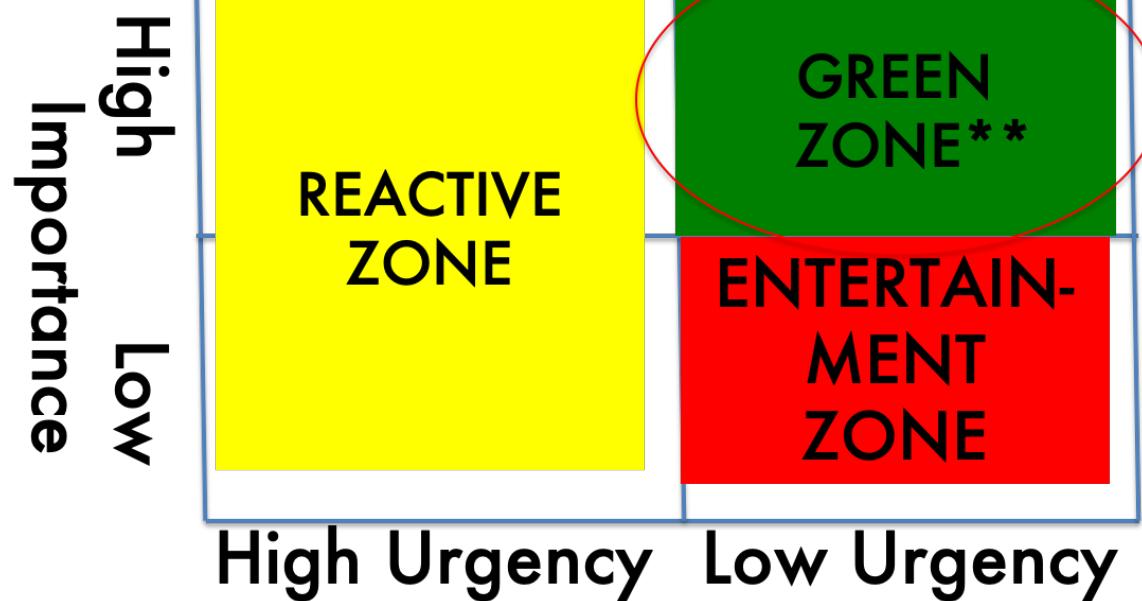
My Barriers to 180' of Consistent Vigorous Exercise a Week?



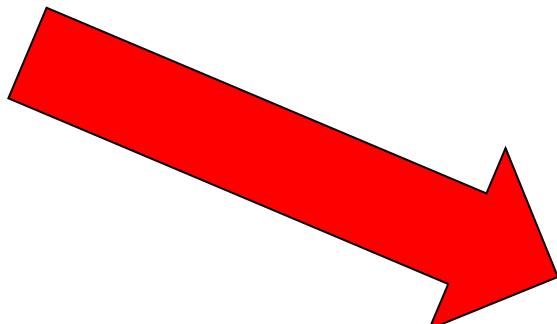
1. Fear/Hate of Pain
2. Too Boring
3. Too Hard
4. I Don't Enjoy Doing It
5. It is very tiring
6. No Quick Results
7. Lack of Resources [No Gym Nearby]
8. Lack of Motivation
9. Lack of Time
10. Not A Problem or a Priority

Barriers = Fault Mode

Eisenhower-Covey Matrix



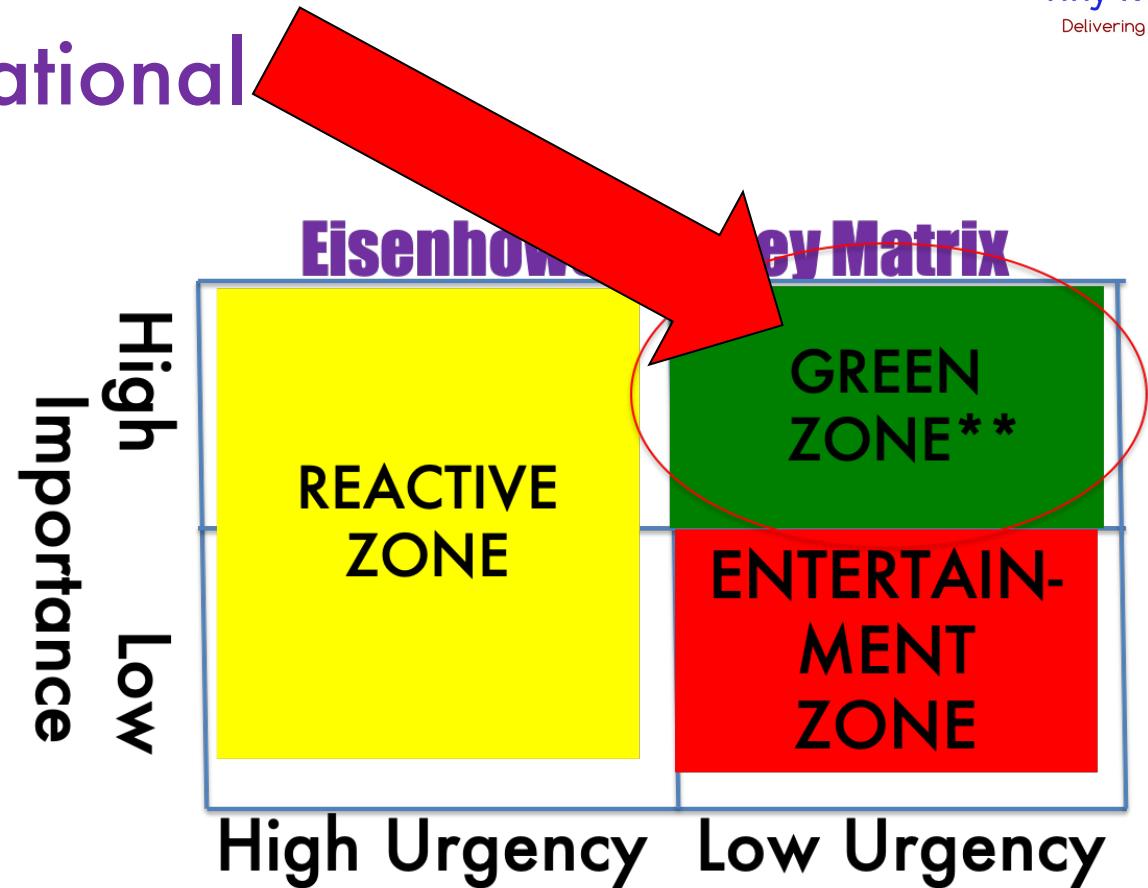
Aha Moment



Limiting Beliefs Affect All
Green Zone Tasks

My Limiting Beliefs – Root Cause?

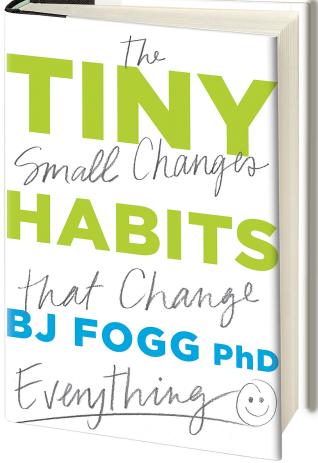
Aspirational



Inner Importance \sim Zero

Increase the Inner Importance?

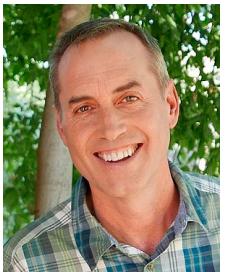
**Starter = Fitness
[green zone task]**



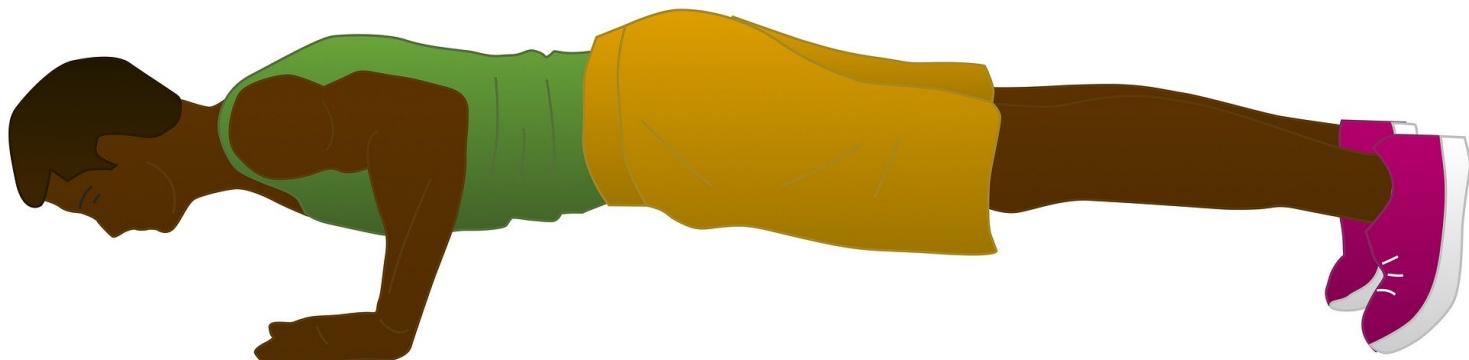
2012 Lucky Accident #1



BJ Fogg



After Brushing Teeth, Do 2 Push-Ups



Extreme Objective

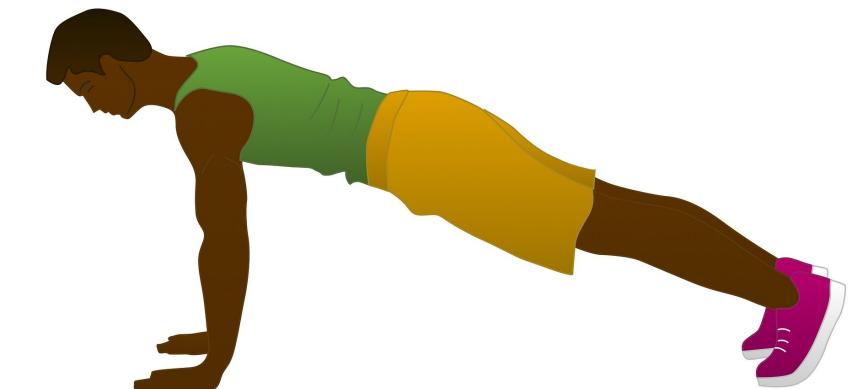


50 Pushups ☺

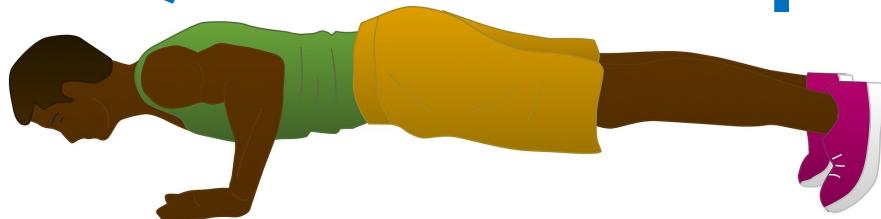


**Exercise 1.5 Hours
daily,
6 days a week –
Zoom Out Pivot**

2017 Tiny Habits® 5th Anniv.



70,000+ Pushups



**Green Zone Task
Procrastination
Dramatically
Lower!!??**

Watch Demo Video

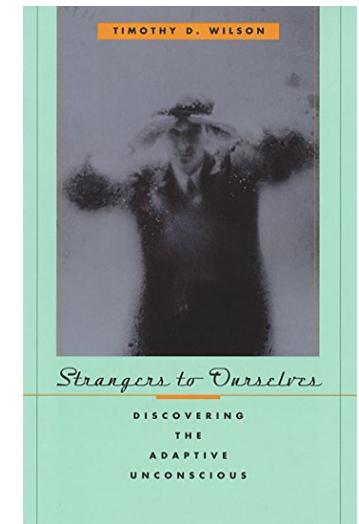
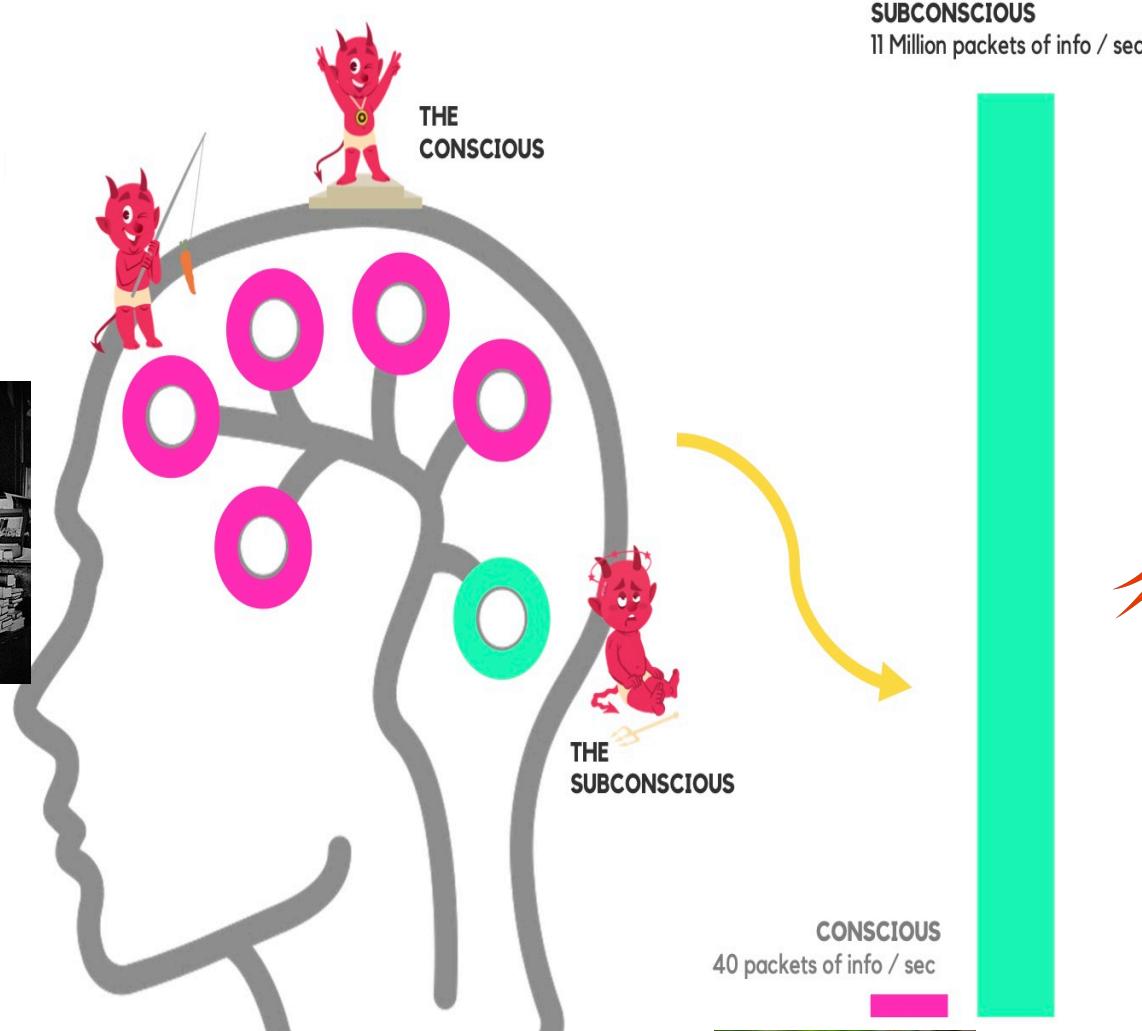
Lucky Accident #2



NK Sreedhar



Édouard
Claparède



Problem with 3 Days a Week – Rough Calc

Approach	# out of 120 days	Effort Units	Learning Units
3 days a week	48	100 [1 hour per session]	192,000
Tiny Habits®	120	1 [1 min per session]	11 Million
Procrastination – No Action	Countless	0.1 [the thinking Effort]	1.1 Million



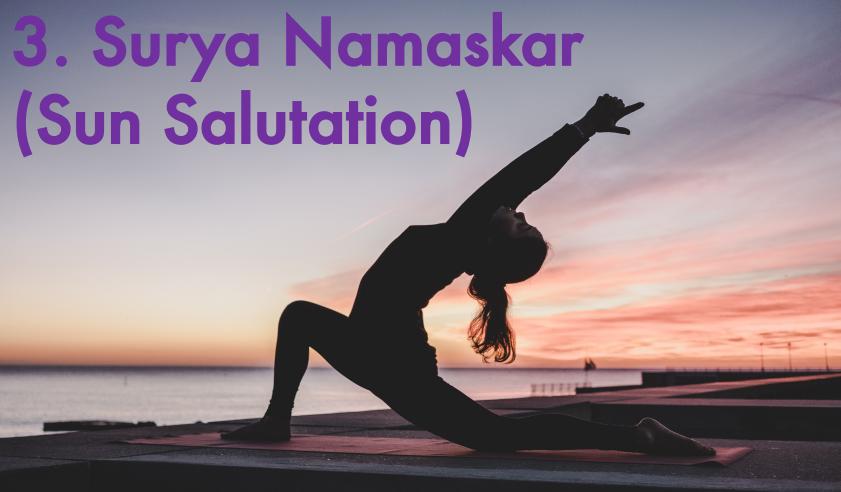
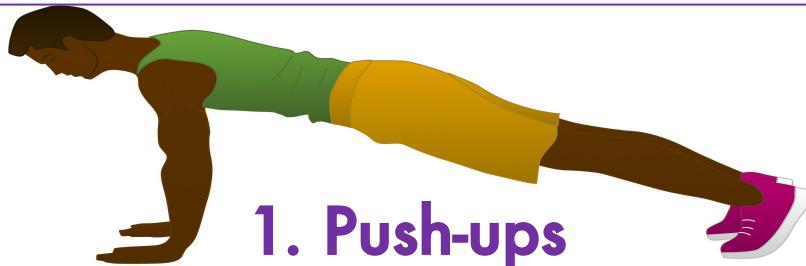
Tiny Grit®

Tiny Demon®
powered by
Limiting Beliefs



Lucky Accident #3

Only Heavy-Duty Tiny Habit® for Tiny Grit®



Lucky Accident #4

Language of the Subconscious



Sequence & Daily Repetition



Tactile/Movement



Fine-grained [Tiny/Fractal]



Journaling



Strong Belief



Intention Oriented

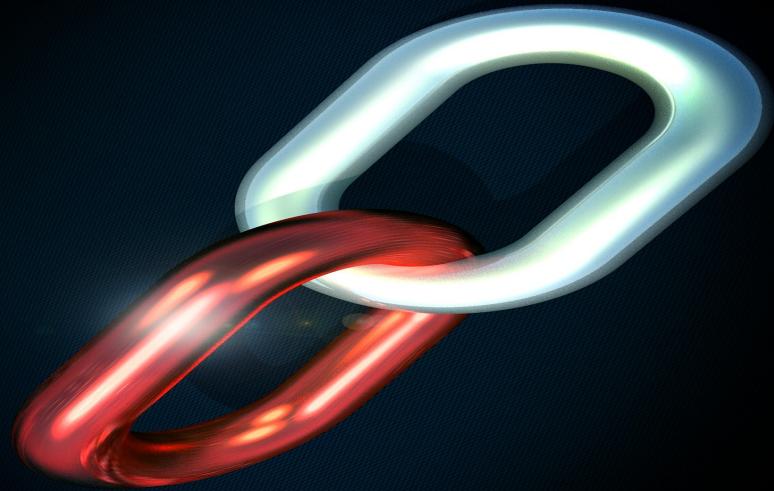
Intention -Build Tiny Grit®



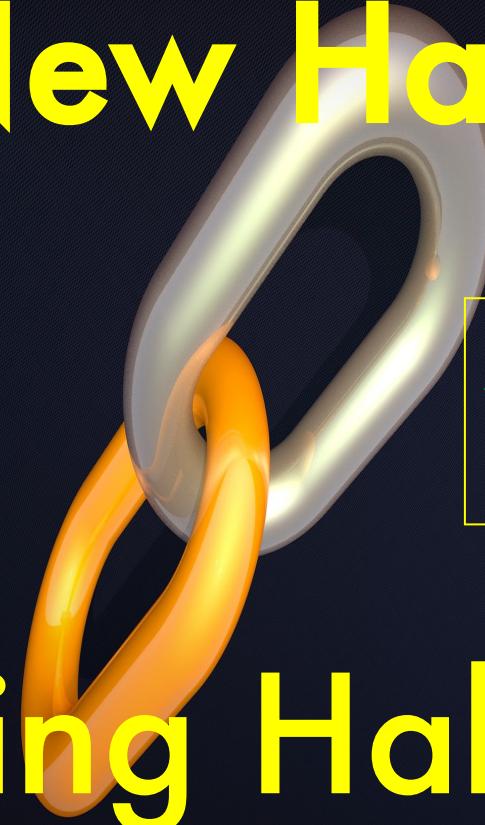
Tiny Demon®

Creatures of Habits Tiny Habits ®

Habit



New Habit



20"
Rule

Trigger = Existing Habit*

* Reliable Trigger

Designing Habits



Onto the App



Designing Habits

Design BTG Builder Habit

Practicing this habit daily and diligently builds the subconscious neural circuit of Tiny Grit

1. What is your reliable trigger? *

Reliable Triggers aka Anchors are ones that we always do regardless of time and space. For example, no matter when we wake up and wherever we are, we still brush our teeth.

- After brushing teeth After getting off the bed
- After hanging towel before bath After morning coffee/tea

2. What is your chosen exercise (PPSBBT)? *

We have selected these 6 options after our extensive experience over the last 5 years and in consultation with an Expert Fitness Trainer. Tiny Cardio has been designed by an Expert Fitness Trainer.

- Pushups Plank
- Suryanamaskar (Sun Salutation) Superbrain Yoga
- Burpees Tiny Cardio

3. What is day 1 number of repetitions and what would be a extreme objective for you ? *

For Tiny Cardio you start with 1 exercise and add 1 every week. For Plank, your rep count will be in number of seconds. Extreme Objectives are set such that you feel great about the achievement and can brag about it but they are still within reach.

Day 1 Starting Reps *

Day N Target Reps *

Build Tiny Grit(BTG)



Journal & Celebrate
on Whatsapp

Journal? Celebrate?

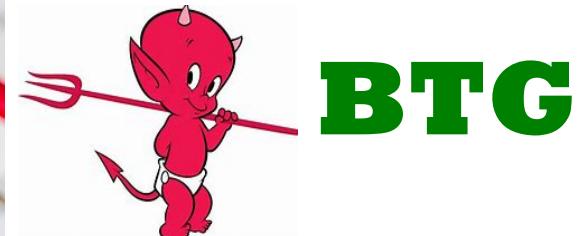
Refer TMT 59 – WIGJAIBA

Pokayoke [Instant Habit]

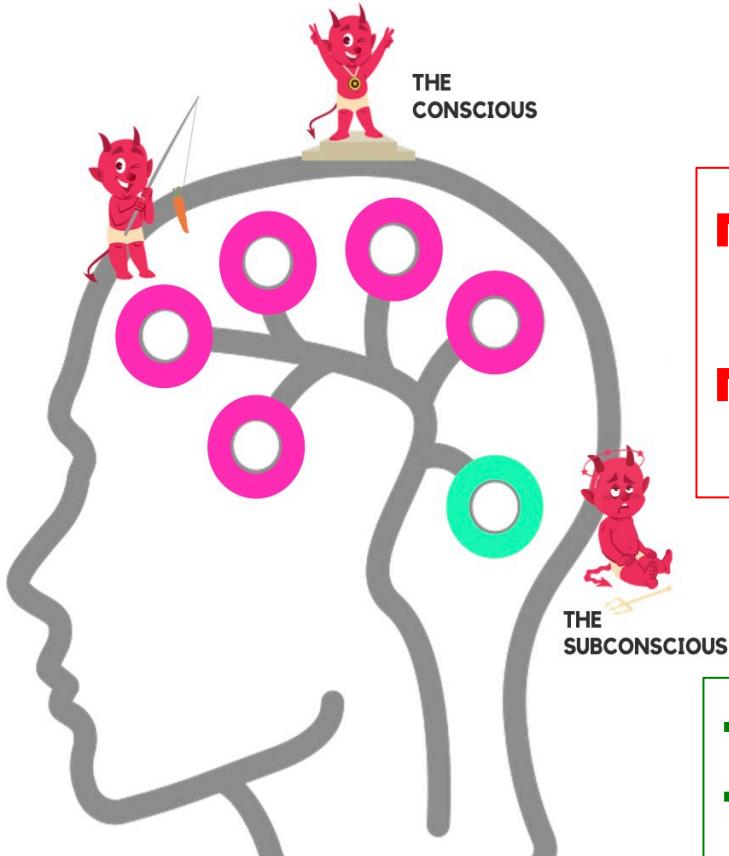


If Real
Exigency
Pokayoke

If Fake
Exigency
Override



Subconscious Engaged?



**Tiny Demon®
Tries to Derail**

**Reliable Trigger
will Prompt You**

Transformation is a Team Sport



1. Do your BTG to help your Team get a Full House Everyday
2. Don't let the Tiny Demon® score a hat trick or three-peat. Do 6 BTGs in a row to score a Sixer

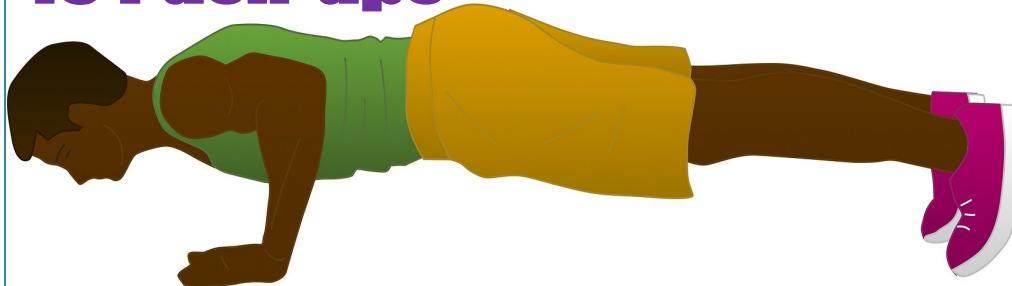
Thank You

Points System

1. BTG, FJP
2. HSM, DCJ, CMJ – Team Journals

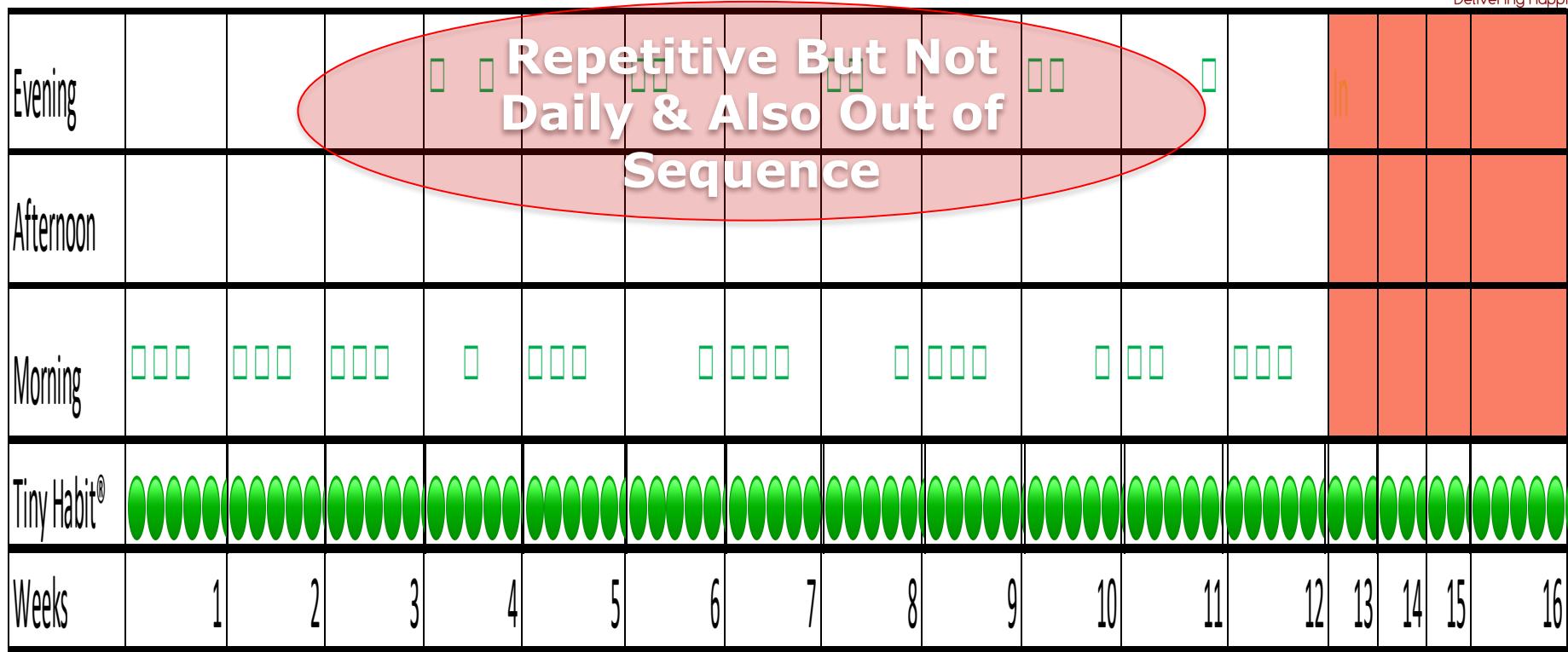
Triceps Breakout 😊

15 Push-ups



**Watch
Demo 1**

The Problem With 3 Days a Week



**3 days/week - 1 hr/day:
100 Effort Units □**

Tiny Habit® 1 min/day 1 Effort Unit

48 of 120 Days – My Previous Best

120 of 120 Days - Same Sequence & Daily Repetition



Marathoners don't seem
to build Tiny Grit® ?!!!

4 More Subconscious Language Aspects

Rhythmic/Musical

Reflective Association

Visualization

Conscious Breathing

Reflective Association – Connect the Dots

3 Choices – Skill Building



Random
Big Acts
100 Effort
Units

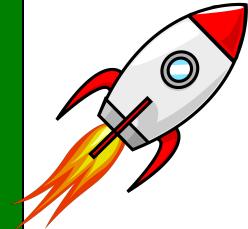
Consistent Tiny Acts
1 Effort Unit

No Action
[Fault Mode]
0.1 Effort Units



100
Learning
Units

2.75 Million
Learning
Units



Tiny Demon



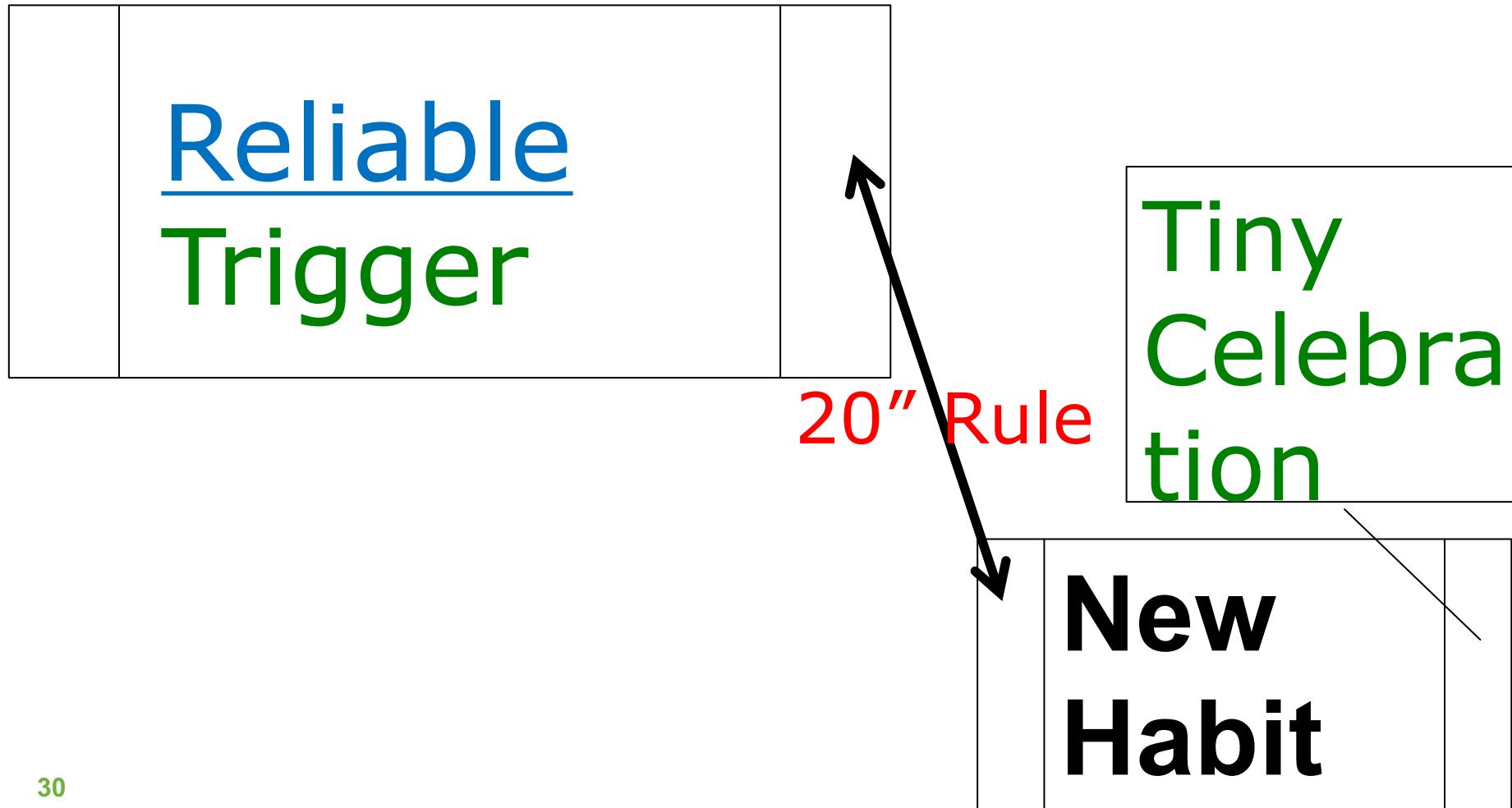
275,000
Learning
Units

Endowment Effect

Existing
Habit



New Habit = 300% Better



Example Reliable Triggers



1. Brushing Teeth
2. Getting off the Bed
3. Breakfast, lunch, dinner or coffee/tea...
4. After you lie down on the Bed
5. After I my put my daughter on the school bus?
6. After the clock or alarm reads 630 AM

Build Tiny Grit (BTG)



After <Trigger>

Do Personal Habit [PPSBB or
Tiny Cardio]

Set a Difficult/Challenging
120 Day Goal