

The Simplest Way to Design A New Habit

START WITH A ROUTINE YOU ALREADY HAVE

You can design a new habit into your life by starting with a routine you already do each day. With this routine in mind, you then **look for a new habit that would naturally follow your existing routine.**

Example:



Suppose you already start the coffeemaker each morning. That's your existing routine. Now ask yourself,

“What new habit would naturally come right after I **start the coffeemaker?**”

Maybe the new habit you want is “**feed my dog.**” If so, your Tiny Habit recipe would look like this:

After I start the coffeemaker, I will feed my dog.

If feeding the dog isn't right for you, explore other new habits that you want. Check out more examples here. >

More examples:

After I turn on the coffeemaker, I will _____
(choose one)

- ☐ text my mom.
- ☐ pour a glass of water.
- ☐ put on my walking shoes.

☒ _____
(insert your new habit here)

Now Apply It to Your Own Life:

Below are 20 common routines in daily life. You can use any one to anchor a new habit.

- After I wake up and my feet hit the floor
- After I turn on the shower
- After I brush my teeth
- **After I start the coffee maker**
- After I pour my coffee/tea
- After I feed my pet
- After I put on my shoes
- After I hang up the dog's leash
- After I start the car
- After I walk in the door at work
- After I put down my work bag
- After I sit down at a meeting
- After I feel the urge to snack
- After I lock/sleep my computer
- After I notice I'm feeling rushed
- After I sit down on the bus (or train)
- After I start the dishwasher
- After I turn off the TV at night
- After I plug in my phone to charge
- After I put my head on the pillow

STEP
#1

**Write
routine
here**

Let's geek out a bit . . .

In Tiny Habits, your existing routine is called an “Anchor” because it's stable and solid. You attach your new habit (feeding the dog) to a solid Anchor in your life (starting the coffeemaker.)

Tiny Habits Recipe Card		
Create a recipe for your new habit.		
After I . . .	I will . . .	Then, I celebrate!
start the coffee maker		
Anchor Moment An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)	Tiny Behavior The new habit you want but scaled back to be super tiny - and super easy.	Celebration Something you do to create a positive feeling inside yourself.
Note: Feel free to revise.		

STEP
#2

Write in a new habit you want here

(Be sure it's super tiny!)



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