

Tiny Habits

by BJ Fogg

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01

Write your first recipe

Use the formula: 'After I [anchor], I will [tiny behavior]. Then I'll [celebration].' Write it on paper and put it somewhere visible. The act of writing makes it real.

MON TUE WED THU FRI SAT SUN

02

Find your three anchors

Spend one day noticing habits you do automatically - morning coffee, brushing teeth, opening your laptop. List three. These become the anchors for your first three tiny habits.

MON TUE WED THU FRI SAT SUN

03

Shrink it until it's obvious

Take any new behavior you want and shrink it until it takes under 30 seconds. If it feels almost too easy, you've found the right starting size. Tiny is the point, not a compromise.

MON TUE WED THU FRI SAT SUN

04

Design a celebration you mean

Create an immediate, genuine positive feeling right after your tiny habit - a quiet 'yes,' a fist pump, a smile. It must feel real, not performative, for your brain to wire it in.

MON TUE WED THU FRI SAT SUN

05

Stack three morning habits

After you pour coffee, brush teeth, and sit at your desk - attach one tiny behavior to each. Three tiny habits stacked on three solid anchors builds momentum by 8 AM.

MON TUE WED THU FRI SAT SUN

06

Track with a single dot

After each tiny habit, put a dot in a small notebook. Not a habit journal - just a dot. The visual record of dots creates quiet momentum without turning it into a project.

MON TUE WED THU FRI SAT SUN

07

Let the habit grow naturally

Once a tiny habit feels wired in, it will naturally expand on its own. Two push-ups become five. One sentence becomes a paragraph. Don't force growth - just keep the tiny habit going.