FIRST STEPS PROCESS TO BEGINNING A NEW BEHAVIOR

That Will Help Signal Your New

Behavior.



FIRST STEPS TO A NEW BEHAVIOR **PLAN MICRO-HABIT PRACTICE TRIGGER** What Is The Payoff? What Is The Plan When You What Is The Tiny Habit To Get You How Will You Practice Your Micro-What Is The Trigger? Think Less About What The Habit Stumble? Started? habit? Will Do For You And More About Identify The Trigger That Activates How This New Habit Will Help The Make A Plan For What You Will Do Your "Old" Behavior. The More You Practice, The Better A Micro-habit Is A Tiny Behavior Students That You Serve. When You Stumble To Get Back You Get. That Moves You In The Right On Track. Direction. If You Don't Know What Triggers The Old Behavior, You Will Never Practice Small Chunks Of The Change It Because You Will Be MOCINGBIRDEDUCATION.COM Bigger Action. You Will Miss A Moment. Or A Day, A Micro-habit Takes Less Than 60 Doing It Before You Know It. Or A Week. Get Back On Track! Seconds To Complete. ©2023 MOCKINGBIRD EDUCATION. ALL RIGHTS Repetition, Repetition, Repetition Be Specific And Be Short. Create An Environmental Cue Notice What works--Celebrate!

If It Takes Too Long, Your Brain

Will Find A Way To Not Do It.