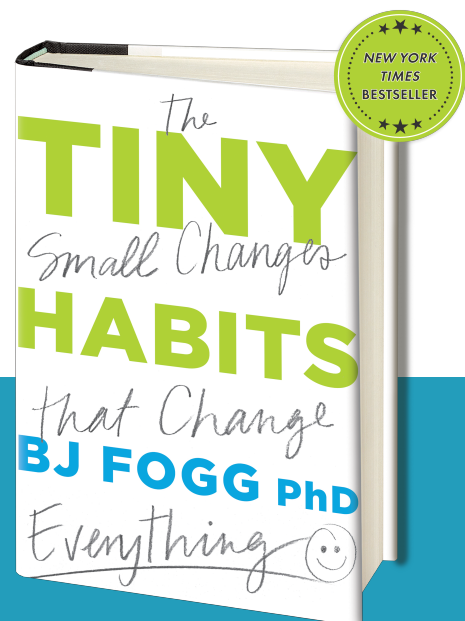# Tiny Habits® for Coronavirus Challenges

## Using Tiny Habits®
## to Generate Purpose

Taught by Sue Choi, Tiny Habits Coach

**tinyhabits.com/expert-help**

# Tiny Habits® recipe

**ANCHOR MOMENT**

**After I…**

Open my eyes in the morning

**TINY BEHAVIOR**

**I will…**

Say to myself "It's going to be a great day!"

**CREATE SHINE**

**And celebrate with…**

A big smile and a stretch

# Shine

"The positive feeling we get from experiencing success."

# How to increase shine

- **<span style="color:red">Saturate</span> each habit**: Celebrate 3 times for each behavior (when you remember, when you do, and after you complete)

- **<span style="color:red">Intensify</span> experience in a short time frame**: Celebration blitz to create an intense feeling of celebration

- **<span style="color:red">Integrate</span> celebration into daily life:** Celebrate yourself by acknowledging, throughout the day, any good behavior you want to reinforce. ***You are consistent in your intention and action.***

You are the expert of your felt experience.

What are your body sensations for shine?

# How can you grow shine into purpose?

# Define your understanding of purpose

**Longing?** In musical theater, the main character's "I want" song

**Innate drive?** In acting, finding inner motivation for the character

**Belonging?** In social media, it's about attaching to your "tribe"

**Inspiration?** Unattainable North Star that keeps driving you forward

# Create a larger container to experience shine

# Strategy #1

**Celebrate a <span style="color:red">theme</span> (find a larger context)**

Create themes around a cluster of new habits and practice them together (ex: gratitude, perspective, agency, security)

# Strategy #2

**Create a tipping point**

Repeat the habit until you feel a shift in mood

# Strategy #3

**Allow for <span style="color:red">vulnerability</span>**

Create habits in your physical body that scaffold your difficult emotions.

Let yourself experience the frailties of being human (ex: stand against the wall as you let yourself digest the news, hug a pillow while you feel sad about disruption in your life)

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