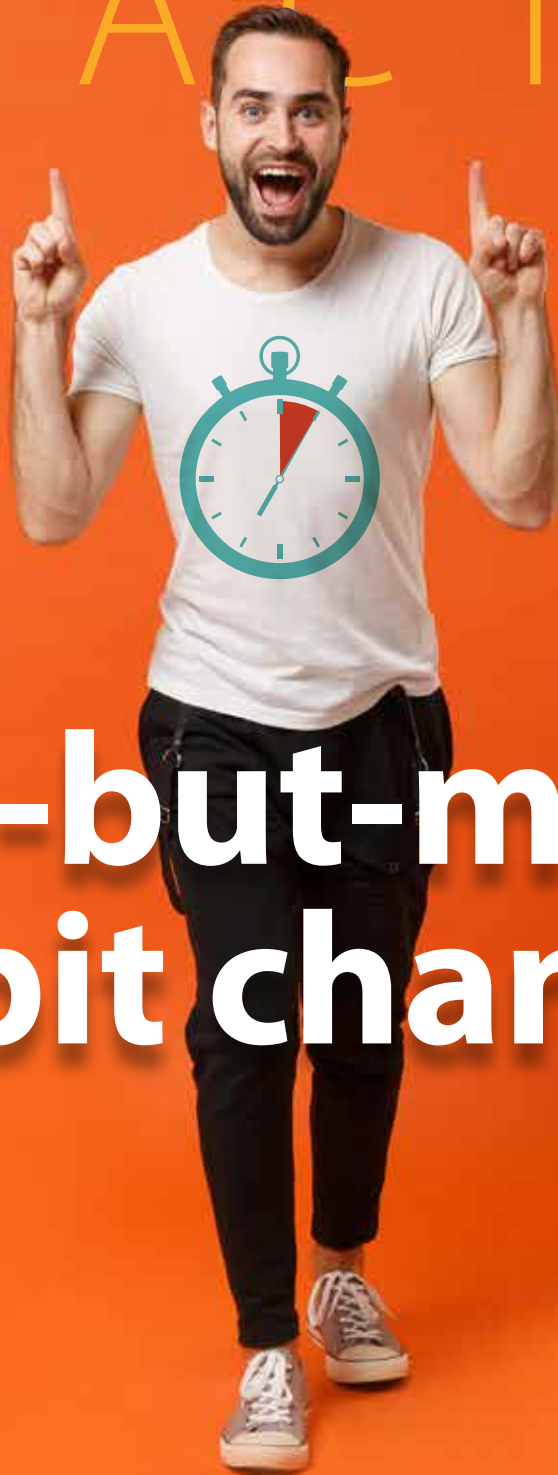


**You can manage to do pretty much anything  
for five minutes, right?**

**EXACTLY**



**Mini-but-mighty  
habit changes**



## Where to apply a mini-habit strategy

- Exercise
- Mindfulness and meditation
- Greater medication or vitamin compliance
- Cleaning and decluttering
- Practicing positive thinking/outlook
- Drinking more water
- Eating healthier
- Prioritizing appointments
- Writing, reading or journaling
- Productivity around any subject

**There's a whole lot of pressure to stick to our new year's resolution or meet our next goal. But are the high expectations we set for ourselves actually sabotaging our ability to achieve the goals we set?**

Stephen Guise, developer of "mini-habits," an incremental approach to behavior change, would argue "yes." His approach to goal achievement through bite-sized, fail-proof wins resonates with many of us who are struggling to work out as much as we'd like, can't seem to get through our to-do lists, or feel like we're failing to make healthy food selections.

## Why "mini" is more manageable

By definition, mini-habits are "very small, positive behaviors that you force yourself to do every day." You're tricking your brain by chunking out that large project or overwhelming task into smaller, manageable pieces you can conquer. The new habit is born because your initial goal is "too small to fail." Anyone who wants to make a positive change is well-suited to adopt a mini-habit because the entire philosophy hinges on keeping the bar as low as possible to begin, then getting immediate positive results to build upon.

Maybe you aspire to bodybuilding, or you've always wanted to be able to churn out 100 pushups. If you're intimidated to get started, try reducing that aggressive goal of one hundred pushups down to 1, 5 or 10. Choose a number to start that can be done comfortably, without feeling like torture. Now you're on your way!

**1, 2, 3, 4 ...**



# QUANTITY VS. TIMING

There are two likely paths to making a mini-habit: quantity as the measurement or by timing the behavior. You can imagine that some goals will lend themselves more to one path than the other, but you can determine which works for you.

Here are some manageable examples:

## HEALTH & WELLNESS

### TIMED

- Stretching (five minutes)
- Closing eyes, sitting (one minute)

### QUANTITY

- Drinking one glass of water per day
- Cooking vegetables 3 times per week

## EXERCISE

### TIMED

- 10 seconds of planking
- 30 seconds of running/walking/dancing

### REPETITION/QUANTITY

- 1 sit-up or 1 pull-up
- Leave the house once per day and walk to the mailbox
- Drive to the gym once per week

## 5 easy mini-habits you can try now

### 1. Want to eat better?

Take 5 minutes to prepare one healthy snack each day.

### 2. Eager to read more and “screen” less?

Set a goal to read 2 pages of a book per day.

### 3. Overwhelmed by clutter?

Spend 5 minutes tidying a different space before bed each night or cleaning a different room each morning.

### 4. Yearning to journal but can’t commit?

Write down one notable thing that happened each day or 3 things you’re grateful for.

### 5. Putting off scheduling appointments or filling prescriptions?

Schedule 5 minutes each day for handling annoying tasks.

**1 Mississippi,  
2 Mississippi,  
3 Mississippi ...**

CLICK THE LINK TO TAKE A SHORT QUIZ TO PROVE COMPLETION:  
<https://www.surveymonkey.com/r/RRBHYL9>

