

Panel of Experts

Tiny Habits for Brain Health

Presented by Tiny Habits® Academy

Brain Health Experts



Host and Moderator
Andrea Spyros



Jennifer Lee



Marta Rozgoni



Jenni Miner



Dr. Shabnam
Das Kar MD



Jennifer Lee

Tiny Habits
Certified Coach

Assistant Director, Tiny
Habits Academy

Jennifer's 3 Tiny Habit Recipes for Brain Health

1

After I turn on the shower, **I will** text one person to connect. **I will** celebrate by imagining a web.

2

After I answer the phone, **I will** stand up to walk as I talk. **I will** celebrate by inhaling energy.

3

After I sit down at my desk, **I will** open my meditation app. **I will** celebrate by focusing on shine.



Marta Rozgoni

Tiny Habits
Certified Coach

Marta's 3 Tiny Habit Recipes for Brain Health

1

After I pour a glass of water, **I will** put an ounce of apple cider vinegar in. **I will** celebrate by doing a funny squeak or squeal.

2

After I read a passage, **I will** write out a summary chunk. **I will** celebrate by doing the Elvis, “Thank you, thank you very much.”

3

After I take my break from work, **I will** pick up my keys and lie back in my work chair. **I will** celebrate by closing my eyes, smiling to myself, and say, “I see you Edison.”



Jenni Miner

Tiny Habits
Certified Coach

Whimsical Servant

Jenni's 3 Tiny Habit Recipes for Brain Health

1

After I think of a task that needs to be done, **I will** decide whether to do it right away, or record it on my To-Do list. **I will** celebrate with a thumbs-up.

2

After I get in line, **I will** open my Elevate, Luminosity, Sudoku, and/or Wordscape app. **I will** celebrate by saying, "Good job!" to myself.

3

After I brush my teeth, **I will** take my supplements. **I will** celebrate with a fist pump.

NOTE: Always consult your physician before taking any supplements



Dr. Shabnam
Das Kar, MD

Tiny Habits Certified
Coach

Functional Medicine Doctor

Shabnam's 3 Tiny Habit Recipes for Brain Health

1

After I take my night supplements, **I will** take out food (to cook for the next day) from the freezer. **I will** celebrate by smiling inside.

2

After I start a Zoom meeting, **I will** stand up. **I will** celebrate by humming a tune in my head.

3

After I turn on my tea kettle, **I will** do 2 dumbbell curls. **I will** celebrate by imagining a burst of fireworks.



Go to TinyHabitsAcademy.com

- [To find a coach to work with](#)
- [To join the 5-Day Tiny Habits program](#)
- [To see the Tiny Habits courses available](#)
- [To learn more about becoming a Tiny Habits Certified Coach](#)