

Panel of Experts

# **Tiny Habits for Busy Moms**

Presented by Tiny Habits® Academy

Beginning at 10:30 am PT

Thanks for joining us!

# Tiny Habits for Busy Moms Experts



Host and Moderator  
Andrea Spyros



Stephanie Weldy



Brittany Power



Linda Fogg-Phillips



Christina O'Halloran



## Stephanie Weldy

Chief of Staff for  
BJ Fogg, PhD

Tiny Habits Certified Coach

# Stephanie Weldy's 3 Tiny Habit Recipes for Busy Moms

1

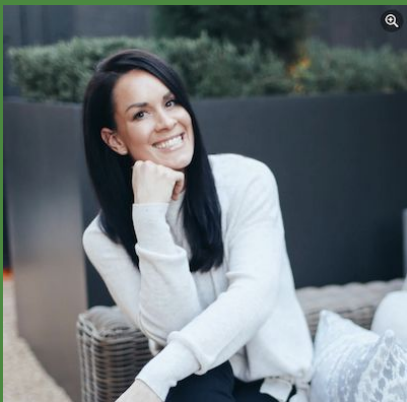
**After I** get my child ready to leave the house, **I will** give him clear instructions: jacket, shoes, stand by the door.

2

**After I** notice a messy room, **I will** say, “Let’s slam dunk some toys!”

3

**After I** sit down to read to my kids, **I will** pause and think: this could be one of the most treasured times of my life.



## Brittany Power

Co-creator of Tiny Habits  
for Moms

Tiny Habits Certified Coach

# Brittany Power's 3 Tiny Habit Recipes for Busy Moms

1

**After I** sit down at dinner with my family, **I will** start sweet, sour, service share.

2

**After I** sit down with my morning coffee, **I will** choose one thing I am looking forward to that day that is just for me.

3

**After I** turn of my car for the last time, **I will** put everything that doesn't stay in the car in the basket.



Christina O'Halloran

Coordinator at Stanford  
Developmental Behavioral  
Pediatrics

Tiny Habits Certified Coach

## Christina O'Halloran's 3 Tiny Habit Recipes for Busy Moms

1

**After I** hear my child scream, **I will** take a deep breath and say the word calm

2

**After I** see my child playing appropriately with a friend, **I will** say: Great job playing nicely!

3

**After I** see my child making inappropriate funny faces, **I will** turn my back and ignore their behavior.



## Linda Fogg-Phillips

Director of Tiny Habits  
Academy

Founder of Pearl Habits

# Linda Fogg-Phillips' 3 Tiny Habit Recipes for Busy Moms

1

**After my** child does something that annoys me, **I will** reflect on a moment that made me proud of them.

2

**After I** walk into my child's messy room, **I will** close the door and remind myself that someday it won't be like that.

3

**After I** start rushing around, **I will** take three deep breaths and tell myself to slow down.



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits specialty course
- Become a Tiny Habits Certified Coach