

Panel of Experts

Tiny Habits for Time Management

Presented by Tiny Habits® Academy

Time Management Experts



Host and Moderator
Andrea Spyros



Carlos Manuel Egaña



Julie DeLucca Collins



Val McKinley



Denee Choice



Carlos Manuel Egaña

Behavior Designer & Coach
for Entrepreneurs

Tiny Habits Certified Coach

Carlos'

3 Tiny Habit Recipes

1

After I finish my evening routine, **I will** leave my phone outside my bedroom.

2

After I pour myself a cup of coffee, **I will** write down one goal for the day.

3

After I finish a work task, **I will** look out the nearest window.



Julie DeLucca Collins

Executive Life Coach

Tiny Habits Certified Coach

Julie's 3 Tiny Habit Recipes

1

After I finish checking my email, **I will** close my mail application.

2

After I turn off my computer, **I will** write one top priority for the next day on a sticky note..

3

After I open my daily tasks, **I will** delete one from the list.



Denee Choice

Executive & Life Coach

Tiny Habits Certified Coach

Denee's 3 Tiny Habit Recipes

1

After I turn on my computer for focus time work, **I will** turn off notifications.

2

After I calendar a task for focus time work, **I will** break it down into three subtasks.

3

After I pick up my phone to check social media, **I will** ask myself: Is this a good use of my time?



Val McKinley

Life Coach

Tiny Habits Certified Coach

Val's 3 Tiny Habit Recipes

1

After I start work on a project, **I will** set a Pomodoro timer.

2

After I want to turn away from clutter, **I will** tell myself: Just do one thing.

3

After I say, "I don't have time for __," **I will** ask myself if this is something I really want to do.



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