

Panel of Experts

# **Tiny Habits for Midlife Health & Wellbeing**

Presented by Tiny Habits® Academy

# Midlife Health & Wellbeing Experts



Host and Moderator  
Andrea Spyros



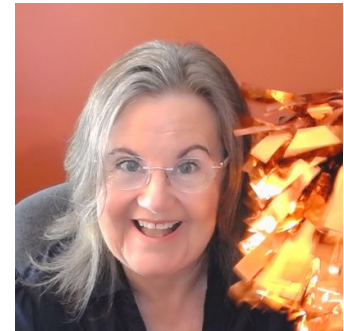
Ellen Khalifa



Jenni Miner



Peiming Sun



Debi Talbert



Ellen Khalifa

Tiny Habits Certified Coach

## Ellen's 3 Tiny Habit Recipes

1

**After I** wake up in the middle of the night, **I will** do four rounds of box breathing & **celebrate.**

2

**After I** crave dessert after dinner, **I will** take out a handful of frozen blueberries & **celebrate.**

3

**After I** find myself having negative thoughts about aging, **I will** text a family member: Thank you for being in my life & **celebrate.**



Jenni Miner

Whimsical Servant

Tiny Habits Certified Coach

## Jenni's 3 Tiny Habit Recipes

1

**After I** my partner and I begin being intimate, **I will** reach for my lubricant & **celebrate**.

2

**After I** my hot flash passes, **I will** record on my phone what I was eating (alcohol, sugar, caffeine, spicy etc) & **celebrate**.

3

**After I** put my pajamas on, **I will** make sure my spray bottle has water in it & **celebrate**.



Peiming Sun

Midlife DNA Strategist

Tiny Habits Certified Coach

## Peiming's 3 Tiny Habit Recipes

1

**After I** click “leave” on a virtual meeting, **I will** walk away from all my digital devices & **celebrate**.

2

**After I** put on a piece of music, **I will** pay attention to the silence between the notes & **celebrate**.

3

**After I** lay my head on my pillow at night, **I will** tell myself, “I will be a brand new person in the morning!” & **celebrate**.



Debi Talbert

Intentional Living & Alcohol  
Freedom Coach

Tiny Habits Certified Coach

## Debi's 3 Tiny Habit Recipes

1

**After I** criticize a body part, **I will** appreciate one thing my body allows me to do & **celebrate**.

2

**After I** make my bed, **I will** touch my toes (or as close as I can get) & **celebrate**.

3

**After I** notice my mind wandering, **I will** gently return to the task I was doing & **celebrate**.



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