

Panel of Experts

Tiny Habits for Productivity

Presented by Tiny Habits® Academy

Tiny Habits for Productivity Experts



Host and Moderator
Andrea Spyros



Sarah Levine



Tony Everett



Kirsten Leng



You will:

- Learn the Tiny Habit Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



Session Preview

- Coach stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration
- Wrap Up



Sarah Levine

Habit & Personal Change
Coach

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

After I sit down for my weekly planning session, **I will** pull up my project list.

2

After I first open my phone, **I will** open my planner app.

3

After I am ready to work on a top priority task, **I will** put my phone on focus mode.



Tony Everett

Founder & head Coach

Tiny Habits Certified Coach

Tony's 3 Tiny Habit Recipes

1

After I turn on my computer, **I will** open my Trello app.

2

After I open a social media app, **I will** set a timer for 10 minutes.

3

After I finish a call with a client, **I will** CRM.



Kirsten Leng

Founder &
Transformational Growth
Coach

Tiny Habits Certified Coach

Kirsten's 3 Tiny Habit Recipes

1

After I identify a high-pressure situation, **I will** write down three things I can do to prepare for it.

2

After I turn off my computer at night, **I will** write three milestones/wins for the next day.

3

After I start my weekly planning, **I will** lock in the three procrastination items.



Go to TinyHabitsAcademy.com:

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach