

Panel of Experts

Tiny Habits for College Success

Presented by Tiny Habits® Academy

Tiny Habits for College Success Experts



Host and Moderator
Andrea Spyros



Judy Oskam



Tony Sherock



Brittany Power



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



Judy Oskam

Professor & Director -
Texas State University
School of Journalism and
Mass Communication

Tiny Habits Certified Coach

Judy's 3 Tiny Habit Recipes

1

After I receive my syllabus, **I will** write down the due date for my first assignment.

2

After I walk into the classroom, **I will** say, "Hi," to my teacher.

3

After I get into bed at night, **I will** think about two wins from the day.



Tony Sherock

Owner of Habits To Health,
Personal Trainer, Health
Behavior Coach, Success
Coach (University of
Toledo)

Tiny Habits Certified Coach

Tony's 3 Tiny Habit Recipes

1

After I sit down in my study area, **I will** turn off my phone.

2

After I receive a good grade, **I will** send a message to my advisor/supportive loved one.

3

After I feel overwhelmed with my academic load, **I will** email my advisor to ask for help.



Brittany Power

Tiny Habits Certified Coach
for Moms

Brittany's 3 Tiny Habit Recipes

1

After I feel overwhelmed during the day, **I will** do one box breath.

2

After I brush my teeth at night, **I will** choose the most important task for the next day.

3

After I get a new task, **I will** put it on my Go/Call/Do list.



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