

Panel of Experts

Tiny Habits for Focus

Presented by Tiny Habits® Academy

Tiny Habits for Focus Experts



Host and Moderator
Andrea Spyros



Geoff
Girvitz



Sarah
Rumfelt



Alexandros
Papanaoum



You will:

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



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Geoff Girvitz

Tiny Habits Certified Coach

Geoff's 3 Tiny Habit Recipes

1

After I open Notion, **I will** check my priority list.

2

After I notice I am distracted, **I will** gently stand up and walk outside.

3

After I notice discomfort when I exercise, **I will** embrace it for 1 breath.



Sarah Rumfelt

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

After I get an assignment, **I will** schedule focus time.

2

After I sit at my desk, **I will** write my 3 most important tasks.

3

After I feel overwhelmed, **I will** take 1 deep breath.



Alexandros
Papanoum

Tiny Habits Certified Coach

Alexandros's 3 Tiny Habit Recipes

1

After I the Pomodoro timer goes off, **I will** think of 1 thing I'm grateful for.

2

After I notice I am distracted, **I will** celebrate realizing it.

3

After I sit on my desk chair, **I will** put my phone on do not disturb.

Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused
Celebrations



Go to TinyHabitsAcademy.com:

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