

Panel of Experts

Tiny Habits for Family Gatherings

Presented by Tiny Habits® Academy

Tiny Habits for Family Gatherings Experts



Host and Moderator
Andrea Spyros



Jennifer Henry



Ellen Khalifa



Gabrielle Weekly



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



Jennifer Henry

Business Coach

Tiny Habits Certified Coach

Jennifer's 3 Tiny Habit Recipes

1

After I enter the house, **I will** tell the host I am grateful to celebrate with them.

2

After I greet a family member, **I will** ask: What are you most excited about this holiday season?

3

After I finish a holiday drink, **I will** take a sip of water.



Ellen Khalifa

Midlife Wellness Specialist

Tiny Habits Certified Coach

Ellen's 3 Tiny Habit Recipes

1

After I feel impatient at the grocery store line, **I will** feel grateful for all the food in my cart.

2

After I see a teen guest on their phone, **I will** cheerily ask if they can help with a task.

3

After I feel concerned about the taste of my dish, **I will** remind myself that good company is the best seasoning of all.



Gabrielle Weekly

Tiny Habits Certified Coach

Gabrielle's 3 Tiny Habit Recipes

1

After I greet guests with children, **I will** give them a childcare coupon.

2

After I greet the children, **I will** remind them to ask me for help.

3

After I close the door for the last guest, **I will** do 3 rounds of box breathing.



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