

Panel of Experts

Tiny Habits for Healthy Relationships

Presented by Tiny Habits® Academy

Tiny Habits for Healthy Relationships Experts



Host and Moderator
Andrea Spyros



Jennifer Henry



Funmi Johnson



Val McKinley



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

Tiny Habits Certified Coach

Jennifer's 3 Tiny Habit Recipes

1

After I sit down to have a difficult conversation, **I will** pause to consider the other person's perspective.

2

After I think of a loved one, **I will** text them: Thinking of you! 😊

3

After I hear something I disagree with, **I will** get curious and say: Tell me more about that.



Funmi Johnson

Tiny Habits Certified Coach

Funmi's 3 Tiny Habit Recipes

1

After I feel myself getting angry with a loved one, **I will** stop and take 3 breaths.

2

After I start to argue with my loved one, **I will** sit beside them.

3

After I feel irritated with a loved one, **I will** check in with myself to see if I am hungry, angry, lonely or tired.



Val McKinley

Tiny Habits Certified Coach

Val's 3 Tiny Habit Recipes

1

After I see that my loved one is having a hard time, **I will** ask: Do you want comfort or a solution?

2

After I notice I want a loved one to do a task a certain way, **I will** think: Trade expectations for appreciation.

3

After I feel frustrated with a loved one, **I will** ask myself if I have set clear boundaries.



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