

Panel of Experts

Tiny Habits for Mindful Eating

Presented by Tiny Habits® Academy

Tiny Habits for Mindful Eating Experts



Host and Moderator
Andrea Spyros



Sarah Levine



Jenni Miner



Marta Rozgoni



You will:

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



Session Preview

- Learn the Tiny Habits Method
- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You



Jenni Miner

Whimsical Servant

Tiny Habits Certified Coach

Jenni's 3 Tiny Habit Recipes

1

After I plate my meal, **I will** take in the smells and colors of my food.

2

After I decide to eat, **I will** ask myself: Am I hungry?

3

After I notice I am sad or depressed, **I will** sit with that emotion for three breaths.



Marta Rozgoni

Behavior Designer

Tiny Habits Certified Coach

Marta's 3 Tiny Habit Recipes

1

After I sit down to eat, **I will** take one long inhale and exhale.

2

After I put my utensil in my mouth, **I will** say: Chew, chew, chew.

3

After I first walk into the kitchen, **I will** take out one salad ingredient.



Sarah Levine

Personal Change Coach

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

After I enter the kitchen for a snack, **I will** get a plate from the cupboard.

2

After I am served food, **I will** mentally or physically draw a line on a healthy portion.

3

After I take my first bite of food, **I will** set down my fork and notice the taste, temperature, and texture of that bite.



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