

Panel of Experts

Tiny Habits for Overcoming Overwhelm

Presented by Tiny Habits® Academy

Tiny Habits for Overcoming Overwhelm Experts



Host and Moderator
Andrea Spyros



Cassie Briggs



Glen Lubbert



Jess Cabrera



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



Cassie Briggs

Tiny Habits Certified Coach

Cassie's 3 Tiny Habit Recipes

1

After I receive an email, **I will** categorize it on my “Urgent Important” chart.

2

After I enter my bathroom in the morning, **I will** read my value statements.

3

After I write my to-do list, **I will** cross out three items.



Glen Lubbert

Tiny Habits Certified Coach

Glen's 3 Tiny Habit Recipes

1

After I feel overwhelmed, **I will** walk out my front door.

2

After I feel overwhelmed with unfinished tasks, **I will** use “at least” and list all the tasks I accomplished that day.

3

After I feel overwhelmed, **I will** take a deep breath and stretch.



Jess Cabrera

Tiny Habits Certified Coach

Jess's 3 Tiny Habit Recipes

1

After I sit at my desk, **I will** write down my energy level.

2

After I am asked to take responsibility for a task, **I will** take a breath and count to five.

3

After I put my feet on the floor in the morning, **I will** think: I am in charge of my thoughts and emotions.

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