

Panel of Experts

Tiny Habits for Powerful Mornings

Presented by Tiny Habits® Academy

Tiny Habits for Powerful Mornings Experts



Host and Moderator
Andrea Spyros



Kim Shivler



Diana Oehrli



Julie DeLucca-
Collins



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



Kim Shivler

Business & Technology
Coach

Tiny Habits Certified Coach

Kim's 3 Tiny Habit Recipes

1

After I close my computer after work, **I will** write down my most important task for the next day.

2

After I get up from my desk, **I will** straighten three items on my desk.

3

After I sit down at my desk in the morning, **I will** take three deep breaths.



Diana Oehrli

Life Coach

Tiny Habits Certified Coach

Diana's 3 Tiny Habit Recipes

1

After I go to the bathroom in the morning, **I will** straighten one pillow on my bed.

2

After I set down my coffee/tea cup, **I will** write one line in my journal.

3

After I hang up the dog leash, **I will** fill my water bottle.



Julie DeLuca-Collins

Business & Life Strategy
Coach

Tiny Habits Certified Coach

Julie's 3 Tiny Habit Recipes

1

After I let the dogs in, **I will** sit in my meditation spot.

2

After I brush my teeth in the morning, **I will** do two sun salutations.

3

After I get out of bed in the morning, **I will** walk to the closest window to get some sun.



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