

Panel of Experts

Tiny Habits for Procrastination

Presented by Tiny Habits® Academy

Tiny Habits for Procrastination Experts



Host and Moderator
Andrea Spyros
& Procrastination Expert



Sumaya
Abdurrezak



Nancy
Linton



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



Sumaya Abdurrezak

Project Manager at B2B
Tech Company

Tiny Habits Certified Coach

Sumaya's 3 Tiny Habit Recipes

1

After I feel overwhelmed, **I will** get one of the tasks out of my head and onto paper.

2

After I think I should be doing something, **I will** write one sentence on how I feel.

3

After I criticize myself, **I will** say: Would you talk to a loved one like this?



Nancy Linton

Independent Sales Director

Tiny Habits Certified Coach

Nancy's 3 Tiny Habit Recipes

1

After I think, “I should be doing this,” **I will** ask myself: How can I make this easier to do?

2

After I walk into my office, **I will** plug my phone in away from the desk.

3

After I shut down my computer, **I will** write down one small action I can take on a task I have been procrastinating on.



Andrea Spyros

Professional Speaker
Behavior Design Consultant

Tiny Habits Certified Coach

Andrea's 3 Tiny Habit Recipes

1

After I notice myself dreading a task, **I will** write down one way it is aligned with my goals.

2

After I realize I still haven't done a task, **I will** remind myself I'm always doing the best I can.

3

After I move a task to the next day, **I will** ask myself: What's making this hard to do?.



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- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach