

Panel of Experts

# **Tiny Habits to Reduce Screen Time**

Presented by Tiny Habits® Academy

# Tiny Habits to Reduce Screen Time Experts



Host and Moderator  
Andrea Spyros



Julie  
DeLucca-Collins



Sarah Levine



Julie Bailis



## **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



Julie DeLuca-Collins

Business & Life Strategy  
Coach

Tiny Habits Certified Coach

## Julie's 3 Tiny Habit Recipes

1

**After I** check my email in the morning, **I will** close my email application.

2

**After I** start a meeting on Zoom, **I will** close one tab.

3

**After I** put dinner on the table, **I will** charge my phone in the other room.



Sarah Levine

Habit & Personal Change  
Coach

Tiny Habits Certified Coach

## Sarah's 3 Tiny Habit Recipes

1

**After I** decide it's scrolling time, **I will** set a 20 minute timer.

2

**After I** first pick up my phone in the morning, **I will** open my to-do list.

3

**After I** receive my weekly screen time notification, **I will** take a breath and give myself self compassion.



**Julie Bailis**

Lifestyle Coach &  
Personal Trainer

Tiny Habits Certified Coach

## Julie's 3 Tiny Habit Recipes

1

**After I** sit down at my desk, **I will** put my phone on “do not disturb.”

2

**After I** finish on social media, **I will** log out.

3

**After I** want to play a game on my phone, **I will** ask myself: What do I really want?



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

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