

Panel of Experts

Tiny Habits for Vibrant Energy

Presented by Tiny Habits® Academy

Tiny Habits for Vibrant Energy Experts



Host and Moderator
Andrea Spyros



Julie DeLuca
Collins



Dr. Nicole
Fredricks
Jackson



Jenni Miner



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 DeLucca Collins

Tiny Habits Certified Coach

Julie's 3 Tiny Habit Recipes

1

After I finish my a client call, **I will** stand up and do 2 sun salutations.

2

After I put my breakfast dish in the sink, **I will** ask my smart speaker to play a dance song.

3

After I first open my eyes in the morning, **I will** say: I am energized!



Dr. Nicole Fredricks
Jackson

Tiny Habits Certified Coach

Nicole's 3 Tiny Habit Recipes

1

After I sit down with my coffee/tea, **I will** write down 3 things I am grateful for.

2

After I get up for my first work break, **I will** do 2 swinging arm twists.

3

After I close my computer at the end of the day, **I will** put away 3 items on my desk.



Jenni Miner

Tiny Habits Certified Coach

Jenni's 3 Tiny Habit Recipes

1

After I walk through the door, **I will** think:
Who needs my A-game right now?

2

After I feel the afternoon lull, **I will** open
the door and walk outside.

3

After I notice I am feeling tired/low
energy, **I will** press play on my Hype
playlist.



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