

Panel of Experts

# **Tiny Habits for Resilience**

Presented by Tiny Habits® Academy

# Experts: Tiny Habits for Resilience



Host and Moderator  
Andrea Spyros



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Peter Hill



## **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



Glen Lubbert

Tiny Habits Certified Coach

## Glen's 3 Tiny Habit Recipes

1

**After I** walk out of my bedroom in the morning, **I will** look outside.

2

**After I** notice I feel overwhelmed, **I will** name three things I see.

3

**After I** turn off electronics at night, **I will** write one thing I am grateful for.



Debi Talbert

Tiny Habits Certified Coach

## Debi's 3 Tiny Habit Recipes

1

**After I** brush my teeth at night, **I will** think of one thing I learned today.

2

**After I** have a negative thought, **I will** think of two things I appreciate.

3

**After I** go outside, **I will** notice three things in nature.



Peter Hill

Tiny Habits Certified Coach

## Peter's 3 Tiny Habit Recipes

1

**After I** notice I feel frustrated, **I will** remind myself I am always supported.

2

**After I** turn on my computer, **I will** email one person to plan a catch-up call.

3

**After I** open my journal, **I will** write one piece of evidence that my choices work out.

## 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](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