Tiny Steps for Positive Change

Rosie Gonzalez, MS, RDN, LD
Lifestyle Medicine Coach
Learning Objectives

- Identify three ways to achieve behavior change.

- Outline three key components of the behavior change methodology focused on small changes.

- Describe strategies and techniques for applying small behavior changes to achieve positive outcomes.
Agenda

Science of behavior change
Anatomy of a tiny behavior
Create tiny behaviors for positive change
How to Change Behaviors

1. Have an epiphany or big life event
2. Change the environment
3. Create a new habit
Behaviors happens when...

Motivation, the Ability to act, and the right Prompt...at the same moment

B = MAP

1172 days

Dr. BJ Fogg, Stanford Behavior Design Lab, Tiny Habits
Motivation

- Internal: I want to do it vs. I should do it
- External: rewards, incentives, pressure
- Autonomous motivation
- Tap into aspirations - the *why* of behavior change
- Ebb & flow of motivation

Deci, Ryan, Self-Determination Theory
Ability

- Simplicity is key
- Small is sustainable
- Does not rely on high motivation

Dr. BJ Fogg, Stanford Behavior Design Lab, *Tiny Habits*
What drives our behaviors

Do this now!

Right one at the right time
Tiny behaviors

- Prompt and anchor
- Tiny Behavior
- Celebration/Self-praise
Anchor Habits

- Habits already built into your daily routine
- Do them without thinking
- Use anchor habits as a prompt
- Frequency of anchor (1x, 2x, many times per day)
- Time of day of the anchor (morning, afternoon, evening)
Tiny Behavior Creation

- What’s important to your participant
- Tie to values and aspirations
- Make it simple and easy to do
- Builds self-efficacy - “I believe I can do it”
- Success breeds success!
- Specific (think SMART goals)
Story-telling & Role Modeling
Praise & Celebration

“Words create Worlds”
~Rabbi Abraham Joshua Heschel

“It Feels Good to Feel Good”
~Barbara Frederickson

Martin Seligman
Barbara Frederickson, Positivity 2.0
Carl Jung, Appreciative Inquiry
Building Tiny Behaviors

Anchor/Prompt: After I turn on my toothbrush

Tiny SMART Behavior: I will stretch each calf for 1 minute, Monday through Sunday.

Praise & Celebrate: By saying great job and reflect on my hike!
After I finish my lunch, I will walk for 5 minutes, Monday thru Friday. By doing a happy dance, I will praise & celebrate.
Summary

- Tiny behaviors build habits
- Simple is doable
- Success breeds more success
- Repetition is key for habits
- View tiny habit building as little science experiments
Thank you!

Rosie Gonzalez
Rosiegonzalez106@gmail.com