

Tiny Steps for Positive Change

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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



Have an epiphany
or big life event



Change the
environment



Create a new
habit

Behaviors happens when...

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

B = MAP

1172 days

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



Ability

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

Prompt



What drives our behaviors



Do this now!



Right one at the right time

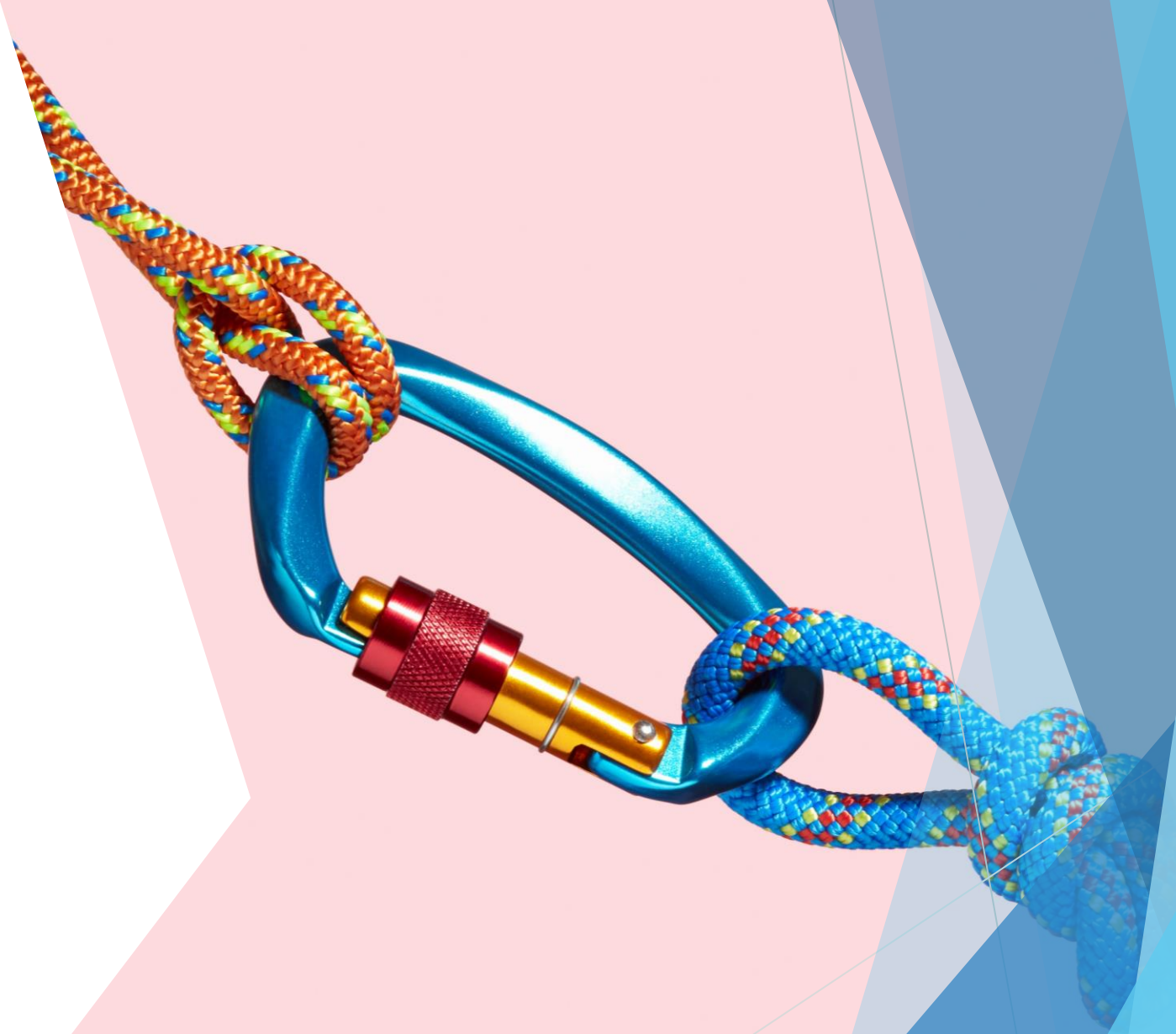


Tiny behaviors

- ▶ 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!



Mary

Anchor/Prompt	After I.....	Finish my lunch
Tiny SMART Behavior	I will.....	Walk for 5 minutes, Monday thru Friday
Praise & Celebrate	By...	Doing a happy dance!

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!

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