

Micro Habits

Make a **big** difference
with small steps



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We like to do thousand things at once and at the same time we want to be happy people or at least save the world. Often such plans fail because we want too much at once and because our everyday life consists of many habits that are not good for us. We should start think in small steps, so-called MICRO HABITS, to better internalize new habits. After each intermediate step, a reward helps to internalize the MICRO HABIT better.

Today we will set a big goal: A diet healthy for your body and healthy for our planet!

What new little habit would you like to integrate into your life?

Anchor your new habit to an existing routine, that will remind you to do your MICRO HABIT. Make your new habit as small as possible to make it easy and celebrate your success – with something that creates a positive feeling inside yourself!

Micro Habit – Recipe Card

Create a recipe for your new habit

After I ...

Anchor Moment

An existing routine in your life, that will remind you to do your Micro Habit.



I will ...

Micro Habit

Your new habit. If the habit seems too big, make it smaller!



Then, I celebrate!

Celebration

Something you do that creates a positive feeling inside yourself!

