



Tiny Habits® 10 Super Successful Recipes for Better Brain Health

Created by: Dr. Shabnam Das Kar and Jennifer Lee, M.Ed – Tiny Habits Certified Coaches

1. **After** I pour my first cup of coffee or tea, **I will** step outside to drink it in the sunshine.
2. **After** I pack my computer bag in the morning, **I will** add a healthy snack.
3. **After** I begin a phone call, **I will** stand up and walk while I talk.
4. **After** I sit down at my desk, **I will** take three meditative breaths.
5. **After** I brush my teeth at night, **I will** take an omega-3 supplement.
6. **After** I pick up my plate, **I will** dish up my protein first.
7. **After** I start the dishwasher after dinner, **I will** plug my phone in for the night.
8. **After** I sit down to watch TV, **I will** pick up my dumbbells or resistance bands.
9. **After** I close my laptop at the end of my workday, **I will** open my journal to freewrite.
10. **After my** head hits the pillow at night, **I will** say one thing that I am thankful for.

For more information visit: TinyHabits.com

For help with Tiny Habits recipes: TinyHabits.com/Recipes

©2021 Tiny Habits® and Tiny Habits® Academy