



Book Review

TITLE: Tiny Habits

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PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I've been reading more about habits and this book came recommended. I believe that it was referenced in James Clear's Atomic Habits too. I like the idea that small changes have big impact. Progress over perfection and I am excited to learn more.

A-HA MOMENTS

What a-ha moments did you have when reading?

- "Tiny allows you to start right now." p. 5
- We often say we are unmotivated, but motivation is the least important aspect to habit forming
- Ask "How can I make this easier?" when struggling with motivation helps

QUESTIONS

What questions do you have after reading that you want to investigate?

- How can I break down the overwhelming to tiny steps?
- How can I build in more celebration?
- Can I do a 3 minute blitz with email? Would this help me start or reset when I am stuck?

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Tons of connections to James Clear (he bases his method on the same theory)
- Start from emotion and then find the rationale to act (EQ)
- Willpower decreases throughout the day - do hard stuff in the morning (Eat the Frog)

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Start Maui Habit (p. 6)
- Instead of blaming myself for not doing something, ask these questions: "Do I have something to prompt me? What is making this hard to do?" (p. 35)

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

This book was so tangible and useful. I loved it. There are so many actionable ideas and small changes that can make a difference. I want to read The Power of Habit now (Charles Duhigg)