

SIMPLIFY TOOLBOX

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Introduction

SIMPLIFY TOOLBOX



Use these tools to simplify the aspects of your life that are keeping you stuck, busy and overwhelmed.

The Tiny Habits Formula takes anything you want to do and break it into a tiny piece—making it simple and doable.

Because it's so simple, you're able to stick with it and create a habit.

The range of possibilities gives you a way to simplify your tasks. Each task has a minimum and a maximum, allowing you to do just a little on your hardest days and really accomplish a lot on the other days.

Foundation:

- Tiny Habits
- Range of Possibilities

TINY HABIT FORMULA



Trigger Tiny Habit Reward

Trigger: prompt; something you're already doing

Tiny Habit: something so tiny and simple that it doesn't take a lot of motivation to do

Reward: a reward in the moment—recognizing yourself for accomplishing your tiny habit

Tiny Habits

REWARDS

- Pat yourself on the Back
 - Dance
 - Pump your fist in the air
 - Shout "yes!"
 - Smile your biggest smile
 - Clap
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- Give yourself a hug
 - Say "Woohoo!"
 - Spin in a circle
 - Jump for joy
 - Whistle
 - Give a thumbs up
 - Nod your head



Rewards like the ones listed here train your brain. They are creating a reward pathway, making you want to repeat the behavior again. Find a reward that works for you and makes you feel good.