

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Tiny habits - a new way to change behaviour

Dr BJ Fogg, from Stanford University, says that you cannot rely on motivation to develop good habits.<sup>1</sup> They have to be nurtured, start off small, and find a place where they fit well in your life. He describes how he increased his exercise using his tiny habit 'ABC'.

- A = Anchor: Figure out where this could fit in your life e.g. the bathroom.
- B = Behaviour: Do two push-ups every time you go to the bathroom (always start small, so do not need much motivation to do). You can do more than two if you want.
- C = Cheer: This is the shine step where you cheer yourself after doing B. Do this however you do it when your favourite team scores a point e.g. fist pump, or smile or cheer.

He says this has not been used for people with drugs and alcohol problems.

Reference:

1. BJ Fogg: Using baby steps to form healthy habits. Radio New Zealand podcast (2021) [View here](#)

[Click here](#) to view more Gems



Tweet



Share



Forward

**If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).**

*Copyright © 2021 Goodfellow Unit, All rights reserved.*

You are receiving this email as you are a registered member of the Goodfellow Learning website  
[www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit  
The University of Auckland | Grafton Campus  
22-30 Park Ave, Grafton  
Auckland, Auck 1023  
New Zealand