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## 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'.

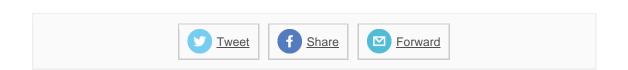
- A = Anchor: Figure out where this could fit in your life e.g. the bathroom.
- B = Behaviour: Do two push-ups every time you go to the bathroom (always start small, so do not need much motivation to do). You can do more than two if you want.
- C = Cheer: This is the shine step where you cheer yourself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

 BJ Fogg: Using baby steps to form healthy habits. Radio New Zealand podcast (2021) <u>View here</u>

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