

THE ABC'S OF SELF-INTEGRITY

(A)

Attachment

(B)

Baseline (tiny)

(C)

Celebration

(A)

After I...

(B)

I will...

(C)

Then...

(A)ttachment--

The existing action that will prompt you to do your new behavior. (Fogg calls this Anchor; Harris calls this Attachment)

Minimum (B)aseline

The new habit you want to create broken down into a minimum baseline of actions that is really tiny and easy. (Fogg calls this Tiny Behavior; Brook Castillo calls this Minimum Baseline)

(C)elebration

This will create the positive feeling that wires the habit to the brain-- habits are cemented from positive feelings (Habits shouldn't feel bad!)

Derived from BJ Fogg Tiny Habits and Gregg Harris The Advanced Homeschool Workshop