

1 min. read
Quick Wins
that work



5 TINY HABITS

That Will Change
your life

(w/o overwhelming you)

Morning Power Start

1



Drink water before coffee

Rehydrate your brain and body first thing
–boost focus and energy naturally.

 hydration brain function



Micro-Movement Breaks

2



**1 min. movement
every hour**

Stretch, walk, or dance

–tiny bursts of activity boost mood & productivity.

 micro-exercise benefits



The Gratitude Shift

3



**Write down 1 thing
you're grateful for**

Gratitude rewires your brain for positivity
–1 thought, big change.

 neuroscience of gratitude



Two-Minute Declutter



4

Clear a small space
daily.

Tidy your desk, inbox, or kitchen
—less mess, more mental clarity.

 decluttering mental clarity



The Compliment Habit

5



Give 1

genuine compliment

Lifting others lifts you too
—create ripple effects of kindness.

 psychology of kindness





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Tiny Habits = Big Change
Which one will YOU try first?



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