

5 TINY HABITS That Will Change your life

(w/o overwhelming you)

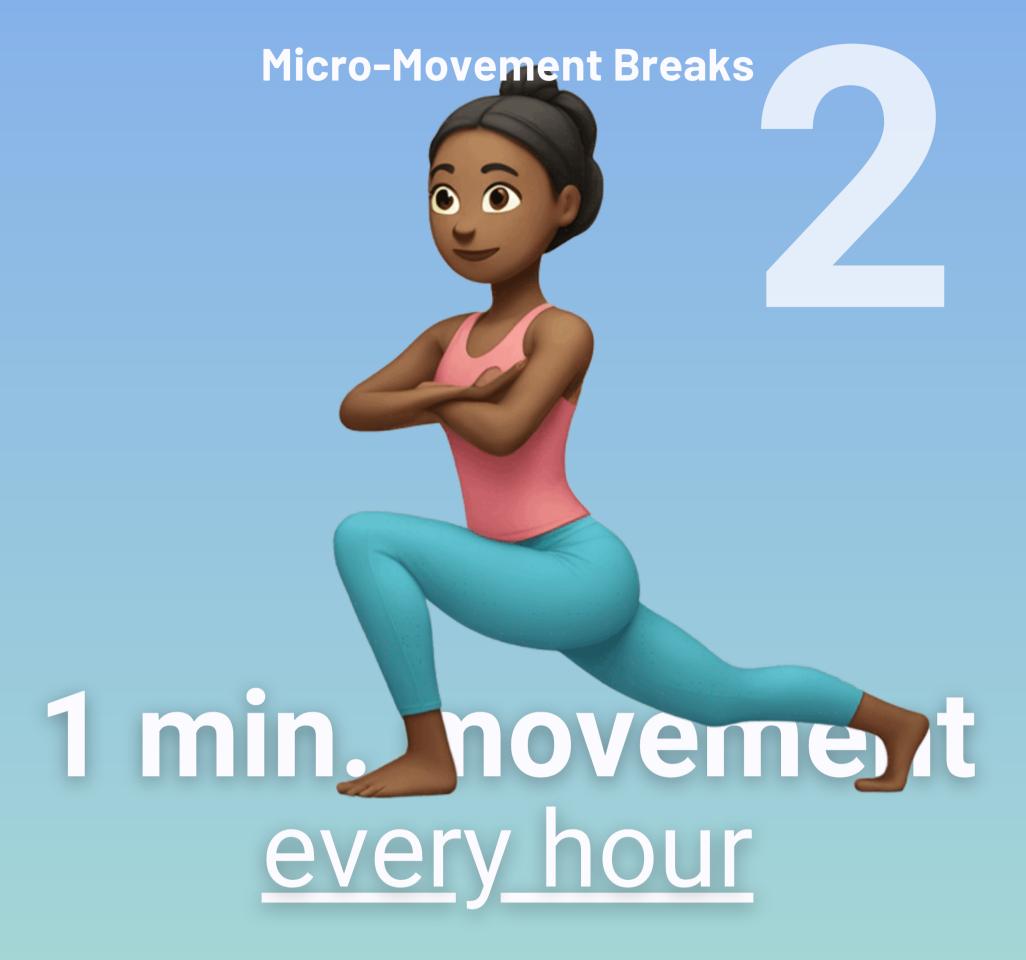
Morning Power Start



Drink water before coffee

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

hydration brain function



Stretch, walk, or dance—tiny bursts of activity boost mood & productivity.

micro-exercise benefits



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

neuroscience of gratitude



Tidy your desk, inbox, or kitchen

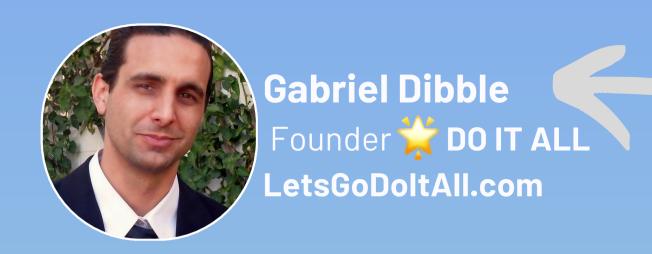
- -less mess, more mental clarity.
 - decluttering mental clarity



Lifting others lifts you too

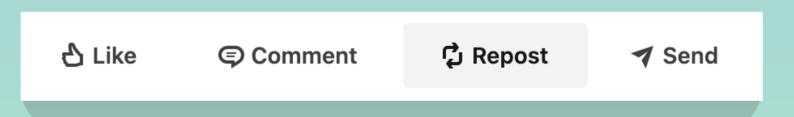
—create ripple effects of kindness.

psychology of kindness





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



Help Others