



Tiny Habits by BJ Fogg – Key Takeaways

🦷 Application to Adopting Improved Oral Health Habits

1. Start Tiny

Big behavior change doesn't require big effort. Success comes from starting very small—so small it's almost impossible to fail.

Example: Instead of “floss every night,” start with “floss one tooth.”

2. Anchor the Habit to Something You Already Do

New habits stick better when you attach them to an existing routine.

Formula: After I [current habit], I will [new tiny habit]

Example: “After I brush my teeth, I will floss one tooth.”

3. Emotions Create Habits—not Repetition Alone

Feeling good during or immediately after the habit is what makes it stick.

Celebrate the habit right away—with a fist pump, smile, or “Yes!”

4. Motivation Is Unreliable

Don't rely on willpower or motivation—they go up and down.

Design your habits to be so small they don't require motivation to get started.

5. Design for Success, Not Perfection

The habit is a seed—once it takes root, it can naturally grow.

Even if you do the bare minimum, you're winning.

Floss one tooth → often leads to flossing them all.

6. Create Recipes for Habits

Think of habits as recipes you can build and adjust:

“After I [anchor], I will [tiny habit]. Then I will [celebrate].”