

# Tiny Habits® | for Brain Health

---

1. After I put my feet on the floor in the morning, I will say a brief prayer.
2. After I turn on the shower, I will do a full body stretch.
3. After I press the brew button on my coffee maker, I will do one table tennis rally with myself.
4. After I finish my morning coffee, I will put out my yoga mat.
5. After I open the newspaper, I will do one item on the crossword puzzle.
6. After I make my breakfast plate, I will add a few slices of avocado.
7. After I sit down on the bus or train, I will look at one Hawaiian language flash card.
8. After I leave my house for a walk, I will press play on my podcast player.
9. After I finish listening to a podcast episode, I will think of one takeaway that I got from it.
10. After I notice negative thoughts popping up, I will ask myself if they are true.

---

For more information visit: [TinyHabits.com](https://TinyHabits.com)

For help with Tiny Habits recipes: [TinyHabits.com/Recipes](https://TinyHabits.com/Recipes)

# Tiny Habits® | for Brain Health

---

11. After I open my calendar to plan for the week, I will choose a recipe with curry to cook.
12. After I make a grocery list, I will add one new fruit or veggie.
13. After I enter the grocery store, I will walk to the produce aisle first.
14. After I prepare my afternoon snack, I will make a cup of green tea.
15. After I get back home after errands, I will open the Duolingo app.
16. After I feel hungry in the afternoon, I will eat a handful of blueberries.
17. After I turn on the oven, I will play a classical music album.
18. After I take my evening vitamins, I will strum my ukulele.
19. After I sit down on the couch after dinner, I will open my gratitude notebook.
20. After I set my alarm at night, I will read one verse of Scripture.

---

For more information visit: [TinyHabits.com](https://TinyHabits.com)

For help with Tiny Habits recipes: [TinyHabits.com/Recipes](https://TinyHabits.com/Recipes)