



GETABSTRACT REVIEW OF Mini Habits

Smaller Habits, Bigger Results

If you want to develop a new habit, start small. Very small, according to the advice of personal development blogger Stephen Guise. By dividing your goals into mini-habits, you rely less on willpower than on your natural tendency to stick to routines. Are you ready to take the first step to initiate a lifelong positive habit?

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. Can you think of an activity that you would like to turn into a habit?
2. Having read the summary, what first mini step could you take to turn the activity into a habit?
3. Why are habits stronger than willpower?
4. Think back on a habit you have failed to establish. Which of the “mini-habit rules” got in the way?
5. Did you find the tips from this summary helpful? Why or why not?

“To make changes last, you need to stop fighting against your brain.”

Mini Habits

Stephen Guise

Additional resources



Habits



Sidestep New Year's Resolutions – and Create Lasting Change

