

## WW MICRO HABITS MENU: 48 IDEAS

1. Physical Health		2. Mental Health		3. Living Space		4. Relationship Health	
1	5 push ups	Do Wordle		Declutter one item a day		Give one verbal appreciation	
2	Glass of water on waking	3 minutes WW check in		3 minute tidy before bed		Listen without fixing for 3 minutes	
3	1 veggie at breakfast	3 minutes out loud self-coaching		Make your bed first thing		Ask for something you would like	
4	Put your trainers on for 100 steps	3 minute written brain emptying		Unsubscribe one email		Ask one curious question	
5	Take one probiotic daily	3 minutes screen free rest		Label or file one thing		Give one kiss	
6	Stop eating one hour earlier	Meditate		Turn a phone notification off		One meal with no phones	

5. Financial Health		6. Career Health		7. Playtime and Fun		8. Spiritual Health	
1	Check current acc bank balance	Tidy desk at the end of day		Check your Conscious Calendar		3 minute meditation	
2	Save a dollar a day	Leave work on time		Add one song to a playlist		3 minute Box Breathing	
3	Sell one thing you don't need	Ask one curious question		4 minutes knitting/your thing		1 minute look at your vision board	
4	Thank money when you spend it	Give one compliment		Deliberately laugh and notice		17 seconds x 4 of positive self talk	
5	Clean up one password	Call one extra client		Smile at a stranger		3 minute gratitude journal	
6	Back up your systems	File one item digitally/physically		Do a mini peace walk		3 minutes of connecting in nature	

WHAT MICRO-HABITS DO YOU WANT TO ADOPT?  
THESE ARE JUST IDEAS...WHAT FITS YOUR GOALS AND SITUATION?  
WHAT CAN YOU BE CONSISTENT AT IN A TINY TIME INVESTMENT?

*Tiny*  
*BUT*  
*Mighty*