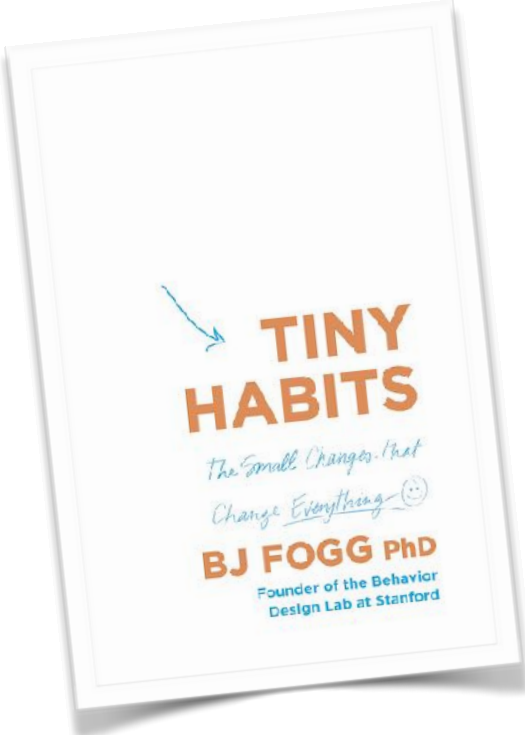


The links should work in this pdf. If they don't drop me an email for anything you need.

Or reach out to @mikecoulter on Instagram or The Twitter.



Pretty much everything about Tiny Habits, Behaviour Design & today's Workshop can be found in this book:

This was my reading list that started me on my Behaviour Design journey.



Find me on [Linkedin](#), [Twitter](#), [Instagram](#).

Email: mikecoulter@habitualise.com,
That's my website too, or call +44 787 294 3883.

To be coached by me for free online, via email
any Monday-Friday, just ask: Use email above.

If you want to try a different coach for the online training,
[sign up here](#).

To contact BJ Fogg: bjfogg@stanford.edu.

More on Tiny Habits at: www.tinyhabits.com/

More on Behaviour Design at: www.behaviormodel.org/

See Behaviour Grid at: <https://www.behaviorgrid.org/>

See Behaviour Wizard at: <http://www.behaviorwizard.org/>



BJ Fogg
[@bjfogg](#)

Following

One of my coaches specializes in Tiny Habits for Creatives. Optimize your talents with [@mikecoulter](#), a world-class expert in my method. More here: habitualise.com



4:49 PM - 16 Mar 2019

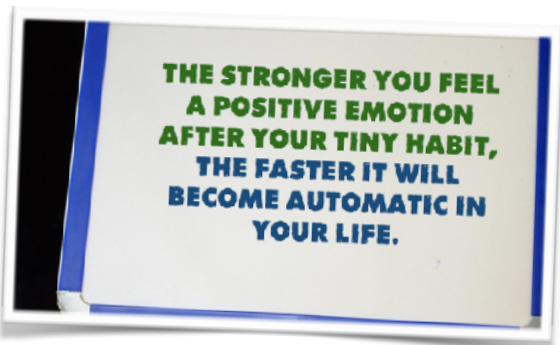
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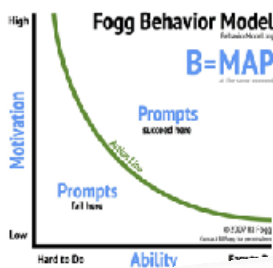
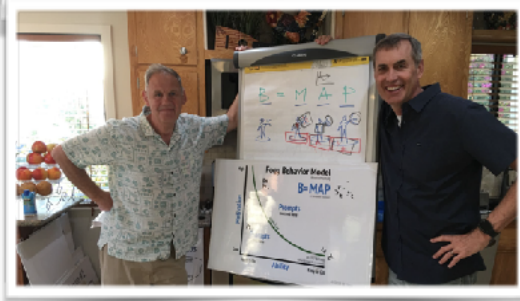
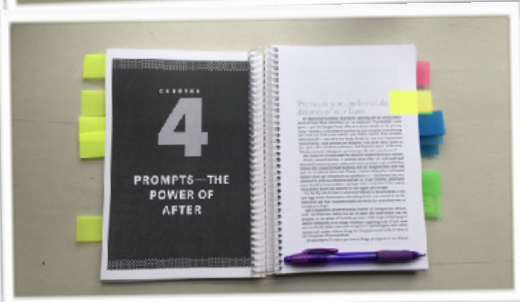
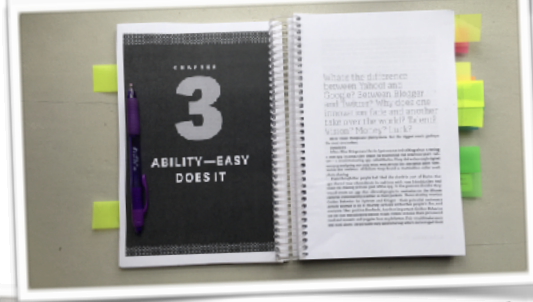
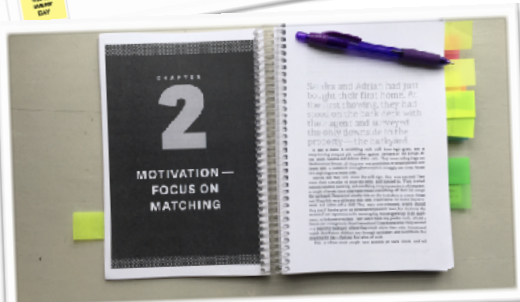
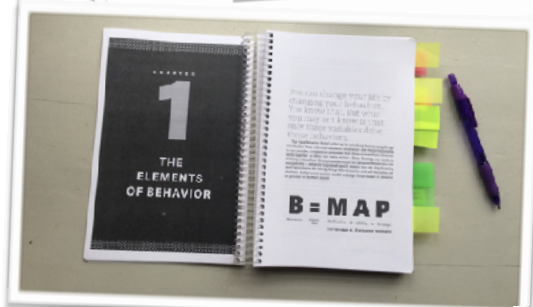
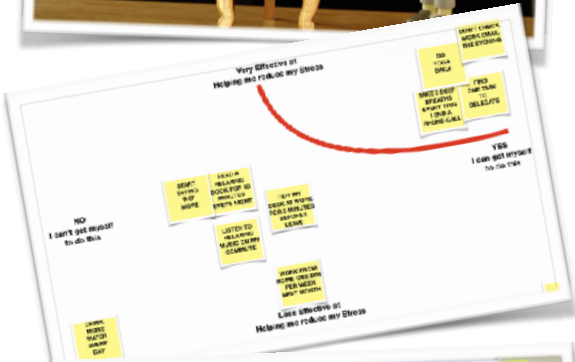
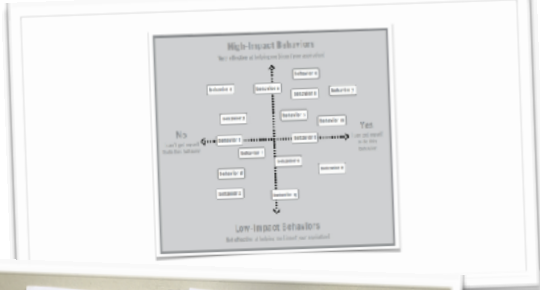
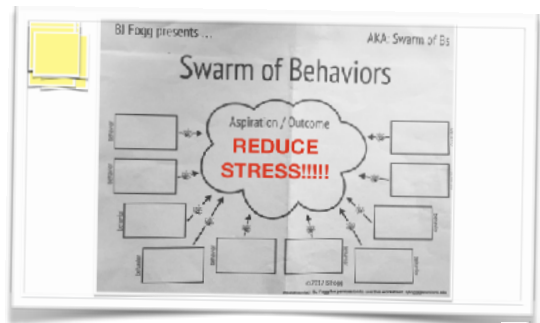
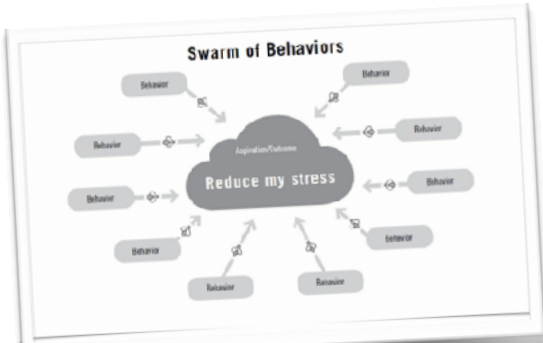


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hura!





Fogg Behavior Grid

Green behavior	Blue behavior	Purple behavior	Gray behavior	Black behavior
Dot behavior	GreenDot	BlueDot	PurpleDot	GrayDot
Span behavior	GreenSpan	BlueSpan	PurpleSpan	GraySpan
Path behavior	GreenPath	BluePath	PurplePath	GrayPath

