

Can you

Create a Tiny Wellbeing Habit?

Worksheet



My PERMAH Wellbeing Factor: _____

After I...

I will...

Then, I will celebrate by...

ANCHOR Moment

Link your new habit to an existing habit
e.g. brushing your teeth, putting on
your shoes, getting home from work

Tiny BEHAVIOUR

The new routine you want scaled back
to be super small and easy.

CELEBRATION

Something you do to create a positive
feeling of reward inside yourself e.g.
shout "yippee", tick it off a list, fist pump

(BJ Fogg, 2019)



For further information, please contact:

Claire Vrieze
Mental Health Consultant
E claire.vrieze@commerceballarat.com.au
M 0400 888 539
Tuesday, Thursday & Friday

