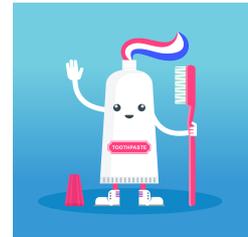


# A Humble Guide to Toothpaste stickers

:your way to develop healthier habits.



*'No act of kindness, no matter how small, is ever wasted.'*  
(Aesop, 620 BC)

## Would you like to try something new that can help bring out the best in you?

Toothpaste stickers (TPS) are stickers that go on your tube of toothpaste! They are as simple as they sound and yet the results are profound because they make doing healthier habits easier and also help you feel good just for trying. These stickers are special because they are handwritten by you with an 'I am ... and I can ...' phrase.

*For example:*

*I am starting my day with a smile, I can give thanks for something before I brush my teeth.*

*I am boosting my energy, I can take a short stroll after breakfast/ lunch/ tea.*

*'I am improving my sleep and I can leave my phone at 8pm in the kitchen to recharge (me) '*

*'I am a helping myself be a healthy eater and I can only drink water after supper.'*

## The science of making healthier habits

Life feels good when our behaviors (what we do) helps us achieve our goals (what really matters). This may be hard because of challenging situations and habits. (eg a phone notification prompts us to surf the net rather than take a refreshing walk). Our behaviors are influenced by our motivation (our want to do it), our ability (how easy it is) and our prompt (what reminds us to do it). This is often happens without us noticing. TPS give you a healthy habit MAP (motivation, ability and prompt) because they are seen twice a day when you brush your teeth ,making it easier to remember your goals and feel good about it so it soon becomes a habit (automatic). More on the science of TPS is in at [www.reallywellbeing.com](http://www.reallywellbeing.com) and in the book Tiny habits.

## Let's start today by using the 5 steps on the premade stickers below.

**1 What goal would you really like to achieve?** (eg healthier body, mind, home, work, relationships, sleep, eating, exercise, mood)

**2 Can you imagine the feeling of achievement when you try your best?** (eg rising to the challenges and resolving the problems).

**3 Now write an I AM phrase in the box below** . Who would you be/becoming on this journey? (eg 'I am being kind to myself...or I am helping myself improve...').

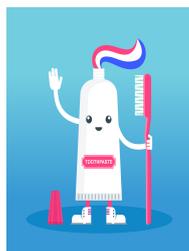
**4 Now write an I CAN goal.** What is the smallest thing that you can easily do to make this journey enjoyable, including when you could do it?

Helpful checklist. SMARTEST goals are Specific , Meaningful , Achievable , Recorded  Timely  Enjoyable  Simple  and Triggered  (see example).

**5. Finally cut it out and stick it on your toothpaste tube and celebrate** your first step to success. Then if you can SMILE whenever you see it, knowing you are doing your best. Best wishes Dr Bhatia ©2020

I AM... learning to relax and be present.

I CAN...pause and breathe before I brush my teeth.



I AM...

I CAN...