



**THE QUICK START GUIDE
SECRET TO SUCCESS**

**STEP 1:****FIND A NEW HABIT
AND MAKE IT TINY**

First, you take any new habit you want and dial it back so that it's super-tiny—it's like planting a tiny seed that will blossom into something big. But aside from small, it also needs to be something you want and something you like, as no matter how small it is, if you hate it, you will not do it!

For example, a way to reduce stress is to meditate. So in the case of meditating, it might be to sit down, close eyes, and take five calming breaths.

See, I made it simple. Instead of saying meditate for 20 minutes a day, I suggested taking five calming breaths. Anyone can take five calming breaths, no matter if you are in a rush, tired, or sick.

On the other hand, me suggesting meditating for 20 minutes a day, you will find plenty of reasons not to do it. Once finished, you will have a sense of accomplishment, which will make you happier and healthier.



heaven on earth
A HIGH ALTITUDE DAY SPA

Behavior

STEP 2:

TIE THE TINY BEHAVIOR INTO SOMETHING YOU ALREADY DO

The goal set here is to anchor the moment into an existing routine that will remind you to do the tiny behavior.

For example, I've recently started and have been sharing with my clients to take some daily [Hush and Hush Beauty Supplements](#). All Hush & Hush formulas support the body's natural defense and regenerative powers. With a unique combination of scientifically proven CLEAN clinical vitamins, herbs, and botanicals. Resulting in luxury nutraceuticals for the mind, body, and soul!

It sounds like a winning supplement line, right? But you need to take these supplements consistently to be effective, so how can you remember to do this? Try tying into an existing behavior. See some examples below to help create a habit.

1. You want healthy, dewy skin. Try taking a [Hush & Hush SkinCapsule HYDRATE+](#) supplement with your morning coffee
2. You want to implement protein and super greens into your diet. Try adding Hush & Hush Plant Your Day Vegan protein powder into your already existing breakfast routine. Like these [yummy pancakes](#)
3. Want to say bye-bye to breakouts and skin imperfections? Take [Hush & Hush SkinCapsule CLEAR](#) after your morning skincare routine
4. Looking to brighten and illuminate the skin, then the [Brighten+ from Hush & Hush](#) is the one for you! A great way to remember to take this supplement is to take it when you are getting your glow on with your favorite dewy foundation
5. Or keep it simple and take all your vitamins when you're making coffee in the morning





STEP 3:

ADD YOUR TINY HABITS TO SOME RECIPE CARDS

So with this step, you are putting all of the above actions into writing these steps out. Think of them as a recipe for success or the formula to properly plant that tiny seed to reach your goal.

When we write these good habits out, we are more likely to achieve them. Not only does it help us see a clearer vision of exactly what we want to accomplish. It also will play a motivating part in habit formation, regardless of how small they are!

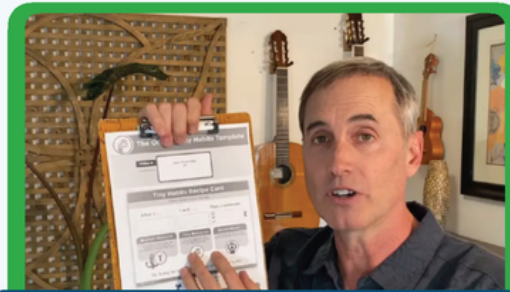


heaven on earth
A HIGH ALTITUDE DAY SPA





TINY HABITS RECIPE TEMPLATE



How to fill in your
Tiny Habits
Recipe Cards.

TinyHabits.com/video4





Tiny Habits Recipe Card

Create a recipe for your new habit.

After I . . .

I will . . .

Then, I celebrate!

Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)



Tiny Behavior

The new habit you want but scaled back to be super tiny - and super easy.



Celebration

Something you do to create a positive feeling inside yourself.

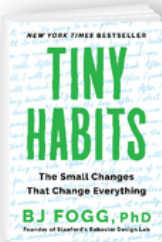


Note: Feel free to revise.

©2017, 2019 BJ Fogg



Get Printable Recipe Cards Here:
TinyHabits.com/recipecards



You can design new habits into your life.

Learn more at TinyHabits.com

©2020 BJ Fogg



STEP 4:

CELEBRATE YOUR ACCOMPLISHMENTS

My favorite part, and the one I often forget, is to show yourself some praise. It can be something as simple as...

- I just took my supplement *hyaluronic happy dance*
- A *victory song* you make up after consuming your protein enriched breakfast
- Do a *double thumbs up in the mirror*. One for remembering to do your skincare routine and the second for taking Hush SkinCapsule CLEAR after the routine
- Do a *movie star kiss and blow in the mirror to your enduring fans* after getting your glow on with the Brighten+ supplement

While these praises may seem petty to some, it is one of the most important as it fires off a positive emotion. Plus, that positive feeling of accomplishment helps to wire it into the brain to create a habit.



heaven on earth
A HIGH ALTITUDE DAY SPA

Which SkinCapsule should I use if I have...



breakouts

hormonal acne



lines/wrinkles

dry skin



age spots

dark spots

HUSH & HUSH LUXURY SUPPLEMENTS

Hush & Hush...
No, I Will Not Be Quiet

So on the other pages, you've read a lot about my goal of implementing some luxury supplements into your daily routine. While the brand's name is Hush & Hush, I will not be hushing about anything when it comes to this line of luxury nutraceutical and healthy living products.

Beauty starts within. By fueling your body with the proper nutrients, minerals, and Clean Clinical Vitamins™ (*No fillers, Fillers, Additives, Artificial Flavoring, Artificial Coloring, Gelatin or Bulking Agents*).

[Hush & Hush products](#)— the missing ingredient to the recipe needed to look and feel your best.

HH
HUSH & HUSH®

20% OFF

With code: HUSH

So here's to living...Younger.
Longer™ Are you ready to
implement some healthy habits?

Well, now you can with Heaven
On Earth Aspens tips to
"Creating Small Habits You Can
Actually Stick With" and **20%**
**OFF any Hush And Hush beauty
supplements.**


heaven on earth
A HIGH ALTITUDE DAY SPA

BRIGHTEN+
Evenly toned skin for the win



Regulates the synthesis of melanin &
Brightens dull-looking skin

Diminishes the appearance of age-related
discoloration, age spots, sunspots & redness

Decreases inflammation that can
cause discoloration in the skin

In a few weeks, you can see the
results on your skin

**Buy
Now**

HYDRATE+
For perfectly hydrated skin that
glows from within



Intensely hydrates the skin from within for
a dewy, plump complexion

Retains moisture for fresh, youthful-
looking skin

Helps smooth rough complexions
by moisturizing from the inside out

Increases skin hydration in just 4
weeks

**Buy
Now**

CLEAR+
Put your skin on the
path to *clear*



Helps clear up blemishes and skin
imperfections

Reduces oil production with a unique mix of
zinc and turmeric

Calms irritated and breakout-prone
skin

Reducing redness on the surface and
inflamed skin

**Buy
Now**