

Introducing healthy habits

Example:

After I wash my face, I will brush my teeth for two minutes.
Then I will acknowledge this new healthy habit with a smile in the mirror.

Notes from today's visit



One habit I want to stick to

After I ... _____

I will ... _____

Acknowledge this new healthy habit with...

- A smile in the mirror
- Words of affirmation
- Other: _____

Now practice the routine for a few days and see how you do.

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Tiny Habits for a healthier smile

1

Small changes for big impact

To wire in new habits, start with small actions. Over time, even the smallest actions can add up to a major difference!

2

Find a good spot in your day

Find an existing routine (something you already do each day) that can prompt your new habit. With a little practice, your brain can quickly learn the new sequence of actions.

3

Associate with a positive feeling

Wire in the new habit by acknowledging the new action, even if it's just with a smile in the mirror or words of affirmation. It's important to feel positive emotions when doing your new behavior. That's what turns a behavior into a habit.