



SESSION 5: PROGRESS IN REAL LIFE

Motivation lies—systems don't. Tiny habits win.



REAL TALK

Motivation comes and goes. Systems and tiny habits create lasting change.

Relying on motivation alone is like swimming upstream in a thunderstorm.

It's exhausting and unsustainable.



How does motivation usually show up for you?

WHY THIS LESSON IS A GAME-CHANGER



Clinical: Studies show small, consistent actions rewire your brain. Behavioral activation works—tiny behaviors spark big change.

Lived experience: I've started big and crashed hard. Tiny habits like putting on shoes or writing one sentence have saved me.

What's one small habit that has helped you more than motivation ever did?

THE SCIENCE BEHIND IT



- ✓ Motivation is unpredictable. Sometimes it hits, sometimes it runs dry.
- ✓ Your brain rewards small wins and builds habits incrementally through repetition.
- ✓ Habits shape your identity over time: "I'm the kind of person who..." starts with tiny actions.

How does knowing this science change your perspective?



DARE: HABIT DODGEBALL



YOUR TASK:

- ☐ Pick one habit you want to build or strengthen. Go small—tiny is the new big.
- ☐ Commit to doing that tiny version every day this week.
- ☐ Track your success frankly: If you do it → mark a ✓. If you miss → write your honest reason.
- ☐ Notice your excuses without judging them—just own them like a boss.

MY TINY HABIT:

EXAMPLES
(TINY IS THE NEW BIG!)

- Meditating for 10 seconds
- Drinking one glass of water
- Writing a single sentence
- Taking a single lap around your block
- My tiny habit example:

DAY	MON	TUE	WED	THU	FRI	SAT	SUN	IF I MISSED, WHY?
DAY 1	☐	☐	☐	☐	☐	☐	☐	
DAY 2	☐	☐	☐	☐	☐	☐	☐	
DAY 3	☐	☐	☐	☐	☐	☐	☐	
DAY 4	☐	☐	☐	☐	☐	☐	☐	
DAY 5	☐	☐	☐	☐	☐	☐	☐	
DAY 6	☐	☐	☐	☐	☐	☐	☐	
DAY 7	☐	☐	☐	☐	☐	☐	☐	

WHAT PATTERNS DO YOU NOTICE?

WHAT WILL YOU ADJUST NEXT WEEK?



WHY IT WORKS

Even tiny actions build momentum through consistency. Over time, success feels... automatic.

Skipping 1 or 2 days won't derail you if you keep showing up again.

How can this help YOU?



WHAT TO EXPECT

- You might feel silly doing "just one" but resist the voice telling you it's worthless.
- Tracking excuses gives your brain data to problem-solve later.
- Some days doing the tiny version will be all you can manage—and that's A-OK.

What are you expecting to feel or experience?



EXAMPLE FROM THE TRENCHES

One client told me, "I hated meditating. I had to shrink the goal to just sitting still and breathing for 5 breaths. Some days, I didn't even count the breaths accurately. But I did it every single day for a month." That tiny start saved her from burnout.

What's your tiny start story (or idea)?



BONUS: YOUR INNER CRITIC'S GUIDE

The brain will battle this. When your inner critic complains, write down its top 3 reasons to quit the habit. Then next to each, write a counterpoint: why you're worth the tiny effort anyway.

INNER CRITIC SAYS...

BUT I KNOW...

1.	
2.	
3.	



COACHING & SUPPORT REMINDER

If your motivation tanks right away, or you can't start—even tiny—reach out. I'm here, and support changes everything.

- ✓ Book coaching: [CleanCircle.io](#)
- ✓ DM me. You are NOT alone.



RESOURCE CORNER

- BJ Fogg's Tiny Habits is a must-read for understanding this in depth: [tinyhabits.com/book](#)
- For accountability tips, check out Progress Is Progress Newsletter

WRAP-UP: PROGRESS IS WHAT YOU MAKE IT—BITE BY BITE

Progress doesn't look like magic; it looks like repetition. The tiny actions you do even when you don't want to are the changes that stick.



YOUR DARE:

Pick your tiniest habit. Commit. Track honestly. Celebrate every win. The game changes in the crawl, not the leap.

AND REMEMBER: IF THIS FEELS IMPOSSIBLE—REACH OUT ANYTIME.
DMs and coaching slots open for messy progress champions.