The Mind's Design: Habit Your Way to Excellence

Ellen N. Beattie, Ph.D.

Online Learning Consortium (OLC)
Innovate 2020
Discovery Session
ONLINE LEARNING SUCCESS

Online learner success is not about greatness, natural talent and extraordinary intelligence, it's about CONSISTENCY of behaviors.
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Cumulatively small decisions, choices, actions, make a very big difference.

Jane Goodall
ONLINE LEARNING SUCCESS

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SCIENCE OF HABITS

- Neuroscience & Long-term potentiation
- Dual Mind
- Rewards & Dopamine
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PSYCHOLOGY OF HABITS
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Positive Neuroscience & Emotions
PSYCHOLOGY OF HABITS

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PSYCHOLOGY OF HABITS

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Keystone Habits
PSYCHOLOGY OF HABITS

Positive Neuroscience & Emotions

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PSYCHOLOGY OF HABITS

Positive Neuroscience & Emotions

Keystone Habits

Motivational Wave
TEMPORARY chance to do hard things

NATURAL period where you can’t do hard things
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FOGG BEHAVIORAL MODEL

(1) be sufficiently **motivated**,  
(2) have the **ability** to perform the behavior, and  
(3) be **triggered** to perform the behavior.

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TINY HABITS®

Anatomy of TH

- Anchor Moment
- Tiny New Behavior
- Instant Celebration

"If you plant the right seed in the right spot, it will grow without coaxing."

"Simplicity changes behavior."

B.J. Fogg

Tiny Habit Bootcamp Invitation
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