The Mind’s Design: Habit Your Way to Excellence

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The Success of the Online Learner does not depend on extraordinary ability, intelligence, or natural talent.

Consistency of Behaviors
The Psychology of Behavior Change

Positive Emotions
Motivation
Keystone Habits
Behavior happens when:
- Motivation
- Ability
- Trigger
Anchor Moment

Tiny New Behavior

Instant Celebration
After I _________ (insert trigger), I will _______ (insert tiny new behavior) and I will celebrate.

After I brush my teeth at night, I will floss my top teeth and I will celebrate.
Tiny is safe.

Tiny doesn’t need motivation.

Tiny can be transformative
Thank you!

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