



A Reflection on Positive Habits in a Community School

- Tiny Habits by BJ Fogg

Wrapping Up Term 3 in Primary Schools as I focused on Chapter 6.



As Term 3 concludes in Ugandan primary schools, my recent visit to a local school offered a unique opportunity to apply principles from a transformative book focused on behavior change. Engaging in a simple dialogue with the learners, I decided to implement the theory I had absorbed, emphasizing the importance of appreciating small achievements and fostering positive habits.

Reflecting on the Year:

During my interaction with the students, I took a moment to reflect on the academic year of 2023. It was crucial to acknowledge the challenges faced and the triumphs achieved, creating an atmosphere of self-awareness and gratitude.

Starting Small with Appreciation:

Drawing inspiration from the Tiny Habits methodology, I encouraged the learners to start small by appreciating the positive aspects of their academic journey. Instead of focusing solely on academic achievements, we explored the smaller victories—consistent attendance, collaborative efforts, and individual growth.

Expressing Gratitude:

To instill the habit of gratitude, I expressed sincere appreciation for the students' hard work and dedication throughout the year. This served as an anchor for the conversation, highlighting the power of recognizing and celebrating even the tiniest positive behaviors.



Modeling Positive Behavior:

In line with the book's principles, I made a conscious effort to model the behavior I wished to see. By openly appreciating the students and acknowledging their efforts, I aimed to create a positive environment that would encourage the repetition of these behaviors.

Encouraging Consistency:

Emphasizing the significance of consistency, I spoke to the students about the value of maintaining positive habits. Whether it was completing homework on time, showing kindness to classmates, or actively participating in class, I stressed the impact of regular, small efforts on personal and collective growth.

Involving Students in Reflection:

Creating a space for the students to reflect on their own journeys, I encouraged them to share their thoughts on the year. This dialogue fostered a sense of ownership over their experiences and provided insights into areas where positive habits could be cultivated.

Setting Goals for the Future:

Looking ahead to the next academic year, I engaged the learners in setting achievable goals. Following the Tiny Habits approach, we broke down larger aspirations into smaller, manageable steps, empowering the students to take charge of their personal development.

Flexibility and Adjustment:

Acknowledging the dynamic nature of learning, I conveyed the importance of being flexible and open to adjustments. If certain habits didn't yield the desired results, it was essential to reassess and adapt, ensuring that the journey toward positive behavior remained relevant and effective.



Promoting Intrinsic Motivation:

In the spirit of promoting intrinsic motivation, I discussed the personal satisfaction derived from cultivating positive habits. The aim was to instill a sense of pride and accomplishment within the students, encouraging them to view their academic journey as a continuous process of growth.

In conclusion, my visit to the school provided a platform to implement and share insights from *Tiny Habits* by BJ Fogg but since I was engaging children, I delved much on Chapter 6 of the book. By appreciating the students for their achievements, encouraging the acknowledgment of tiny habits, and fostering a reflective and goal-oriented mindset, the dialogue aimed to contribute to a positive and habit-forming environment within the school community.

Book Review by Rica Arch Byaruhanga



BJ Fogg's Chapter 6: A Passport to a Life of Tiny Triumphs

Chapter 6 of "Tiny Habits" by BJ Fogg – it's a game-changer! Fogg's wizardry in this chapter got me vibing with celebrating small wins. No need to wait for big victories – turns out, the little daily victories are where the real magic happens. Who knew a pat on the back for doing the dishes could be so empowering?

Gratitude is the unsung hero here. Fogg convinced me that expressing thanks is a superpower for rewiring your brain. Sprinkle that gratitude like confetti, and watch the magic unfold!

Modeling positive behavior? Pure gold. I decided to be the captain of my own ship, steering towards a positive and habit-filled horizon. A simple "thank you" or a high-five creates ripples of positivity around you.

Starting small and dreaming big? Fogg's mantra of breaking down big goals into bite-sized chunks is genius. Suddenly, colossal aspirations felt manageable, achievable, and fun!

The emphasis on consistency blew my mind. Fogg convinced me that the secret sauce to lasting change is in the daily, seemingly insignificant actions. It's like watering a plant every day – one day, it blooms into something beautiful.

If you haven't dived into "Tiny Habits" yet, trust me, Chapter 6 is the pot of gold at the end of the self-help rainbow. Fogg's conversational style and real-world examples make this book not just a read but a personal journey toward a more habit-filled, positive life. Happy reading, my friends!

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