

10 TINY HABITS® FOR NATURALLY CLEAR VISION

*Use the power of Behavior Design™
to improve your vision.*



BD3 Solutions



IMPROVING YOUR VISION IS EASIER THAN YOU THINK.

Claudia Muehlenweg

SEEING CLEARLY WITHOUT GLASSES OR SURGERY

If you've ever wished for clearer vision without relying on glasses or contacts, you're not alone—and it's possible to start improving your eyesight right now. Likely, you've seen me on Claudia Muehlenweg's *Naturally Clear Vision* YouTube channel, and maybe you're even a member of her Clear Vision Club. Claudia offers a holistic approach, encouraging gentle daily practices that relax the eyes and retrain how you see more clearly.

As a Behavior Design™ expert and Tiny Habits® coach (as well as someone who has participated in Claudia's programs), I know the Tiny Habits Method is the perfect way to seamlessly integrate her daily practices into your life. Learn more about the Tiny Habits Method [here](#). By anchoring simple vision-friendly actions to anchor moments already in your day, you can gradually shift your visual habits without overwhelm or major lifestyle changes.

Each Tiny Habit Recipe below is designed to fit easily into your routine, helping you cultivate relaxation, awareness, and flexibility in how you use your eyes. Over time, these habits can support your path toward naturally clearer, more comfortable vision. **Go Tiny—and see what's possible.**

Andrea Spyros, [BD3 Solutions](#)

The three principles of
naturally clear vision are
rest, light and movement.
Claudia Muehlenweg

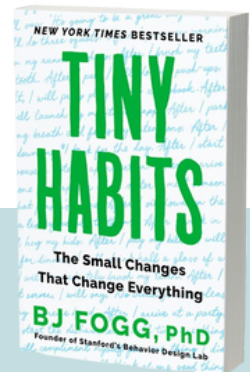


NATURALLY CLEAR VISION

10 TINY HABITS

1. After I open my eyes in the morning , I will stretch and yawn. (Clear Morning Ritual)
2. After I pour a cup of coffee/tea, I will step outside into the sun. (Sunning)
3. After I sit at my desk, I will put on my blue light-blocking glasses.
4. After I open my laptop, I will set a 20 minute timer (then take a 3-minute vision break) .
5. After I catch myself staring, I will blink and take a deep breath. (Blink & Breath)
6. After I come back from the bathroom, I will step up to my Tibetan Wheel or pick up my Brock string or shifter (choose one in advance).
7. After I put the fuel nozzle into my gas tank, I will do “the sway.”
OR After I get in a line, will do “the sway.”
8. After I sit down for a meal, I will take a sip of water. (Hydration)
9. After I hang up my keys at home, I will sit and palm my eyes. (Palming)
10. After I put my head on the pillow, I will press play on my nighttime eye meditation.

Based on twenty years of research and how human behavior really works,
Tiny Habits, by Dr. BJ Fogg cracks the code of habit formation and
teaches the simplest proven way to transform your life.



CELEBRATION IS THE KEY TO FORMING NEW HABITS FAST

As you learned in the Tiny Habits [video](#), Celebration is the final part of the Tiny Habits Method. It's also the most important part, and it is a skill you can learn. **Celebration is actually a skill of self-reinforcement. By deliberately generating positive emotions, you can wire in the habits you desire.** In doing so, you tap into the brain's ancient behavioral pathways, unlocking your incredible capacity for learning and transformation. Celebration enables you to use your brain's existing mechanisms to feel good and modify your behavior.

If you find yourself resistant to Celebration, know that you're not the only one. Maybe you feel silly, awkward, or embarrassed. Maybe you were raised with different cultural norms. Maybe taking a sip of water or picking up your shifter doesn't seem worthy of a Celebration. That's OK. Celebration isn't about worthiness. It's just how the brain encodes habits. No matter who you are or where you come from, you can find a Celebration that's right for you.

The KEY is that your Celebrations:

- Feel authentic to you
- Genuinely foster a good feeling inside
- Happen *immediately* after your new habit

Celebration should be fun. It can be in your head or out loud, depending on your personality and whether you are by yourself, with people you know, or in public. On the next pages, you'll find 101 Celebrations to try. **Just don't skip it.**

101 DIFFERENT CELEBRATIONS

- Fist pump
- Say, “YAY!”
- Clap your hands
- Sing “Celebrate good times”
- Pat yourself on the back
- Smile and feel satisfied
- Stomp your feet
- Do a wink and a smile
- Clench fists and say, “YES!”
- Feel happy
- Say, “Way to GO!”
- Think, “That was Awesome!”
- Strike a victory pose
- Give yourself a high-five
- Say, “I DID IT!”
- Kneel and say, “SUPERSTAR!”
- Think of how this supports the kind of person you want to be
- Say, “Like a BOSS!”
- Swivel your hips
- Make superhero poses
- Say, “Shazam!”
- Smirk to yourself
- Affirm, “I’m Amazing!”
- Wave like royalty
- Smile real big
- Applaud yourself
- Do a victory dance
- Say, “Bingo!”
- Think, “I nailed it!”
- Throw both arms up and think, “Victory!”
- Laugh out loud
- Moonwalk
- Make funny faces
- Say, “He shoots, he scores!”
- Think of a pleasing moment
- Say, “GO ME!”
- Shoot a hoop
- Whistle
- Breathe out and say, “yes”
- Sing “Simply the best!”
- Say, “I’m on my WAY!”
- Take a bow
- Tilt your head back and howl
- Shake some imaginary pompoms
- Say, “I am becoming the kind of person I want to be!”
- Raise the roof hands
- Blow a kiss
- Do a short tap dance
- Wiggle your whole body
- Say, “I’m so PROUD of ME!”
- Click your heels

101 DIFFERENT CELEBRATIONS

- Head nod
- Give yourself a thumbs-up
- Feel gratitude/appreciation
- Say, “Right ON!”
- Make a check mark in the air
- Finger snaps
- Think, “Nicely Done!”
- Sing “Hey now, you’re a rockstar”
- Hear roaring crowds in your head
- Imagine a loved one congratulating you
- Say, “Woo Hoo!”
- Jump up and down
- Do the hula
- Say, “YAS, Queen!” (or King!)
- Rub your hands together
- Raise your arms and say, “SCORE!”
- Imagine someone you love being proud of you
- Finger snap, then point
- Think of a dog happy to see you
- Play air guitar
- Say, “Whoop, Whoop!”
- Hear trumpets in your head
- Do an end zone move
- Chant “That’s the way, aha, aha, I like it, aha, aha!”
- Smile at yourself in the mirror
- Dance a little jig
- Sing “Party rock is in the house tonight!”
- Think, “I GOT THIS!”
- Strike a Martial Arts pose
- Say, “I ROCK!”
- Take a thumbs-up selfie
- Throw something up in the air
- Strike a power pose
- Say, “SQUEE!”
- Do the Twist
- Hip thrust
- Say, “Good job!”
- Hug yourself
- Tap fist to your heart 2 times
- Hum a little tune
- Think of a child cheering for you
- Jump from one foot to the other
- Hum the theme from “Rocky”
- Imagine seeing fireworks
- Say, “Look at me GO!”
- Spin around
- Tilt your head to the sky, close your eyes and think, “I DID IT!”
- Sprinkler dance
- Do a little shuffle
- Feel an inner glow



“They always say time changes things, but you actually have to change them yourself.”

Andy Warhol

We're Andrea and Nancy Partners in BD3 Solutions

We came together as procrastinators and ended up world-class experts in behavior. Like many people these days, we met online. Instead of filling out profiles and posting selfies, we connected over our shared nerdiness when Stanford behavior scientist, Dr. BJ Fogg, hosted his 2020 book launch for New York Times Bestseller, *Tiny Habits: The Small Changes That Change Everything*. We began working together to solve procrastination using his models and methods. (We solved it by the way!) We ended up studying with Dr. Fogg, becoming certified in his ground-breaking behavior change methods. Now, Andrea and Nancy are currently part of

his Tiny Habits Academy leadership team and are charter members of his Expert Forum.

BD3 Solutions is a Behavior Design consulting firm. We focus on designing better programs and services that serve humanity. We help people do what they want to do better and faster.

Andrea Spyros & Nancy DeFina

BD3Solutions.com

hello@bd3solutions.com

linkedin.com/company/bd3solutions/

