

## Tiny Routine

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A tiny routine is a micro-structure that supports emotional safety and consistency without overwhelm.

Examples:

- Make your bed halfway.
- Put away one item.
- Read one encouraging sentence.
- Sit still for 60 seconds.
- Do a single stretch.
- Write the smallest intention: "Today, I will try."

Tiny routines work because they lower pressure and build trust within yourself.

Repeat your tiny routine daily until it feels natural, then gently add more if you choose.