


ATOMIC HABITS

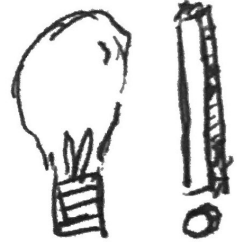
James Clear

1% PER DAY... FOR A YEAR... \nearrow IMPROVE 37X \approx
 \searrow DECLINE TO 0

GRADUAL = tough to see improvement 

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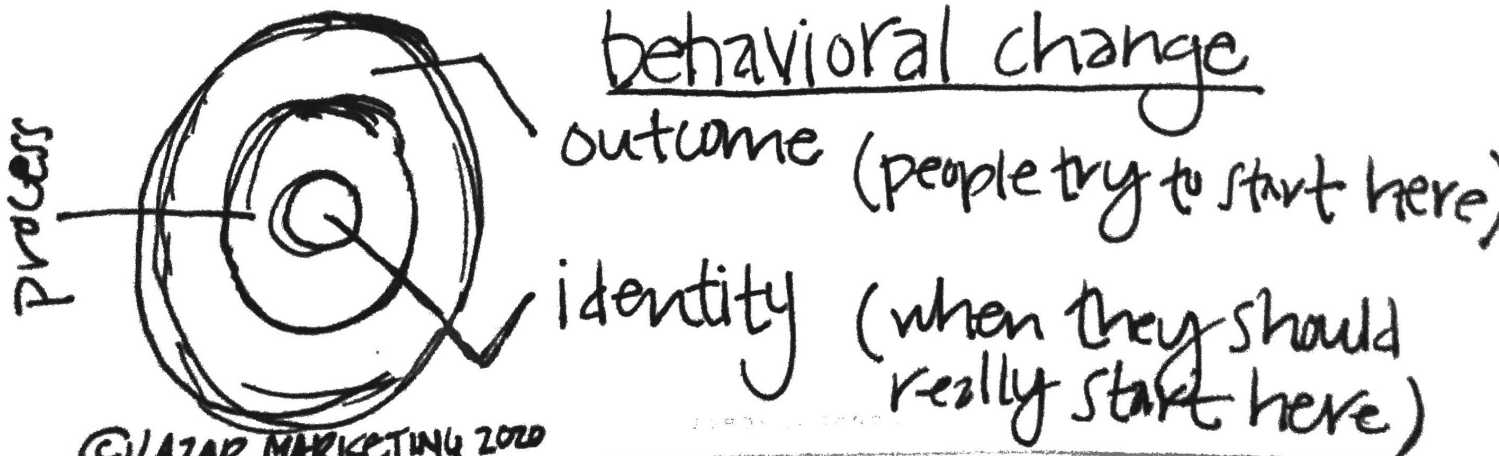
Be More Concerned with
Your Trajectory Than
with Your Previous Results



~ the biggest outcomes are delayed
~ you have to bust through the plateau



SYSTEMS, N.O.T G.O.A.L.S

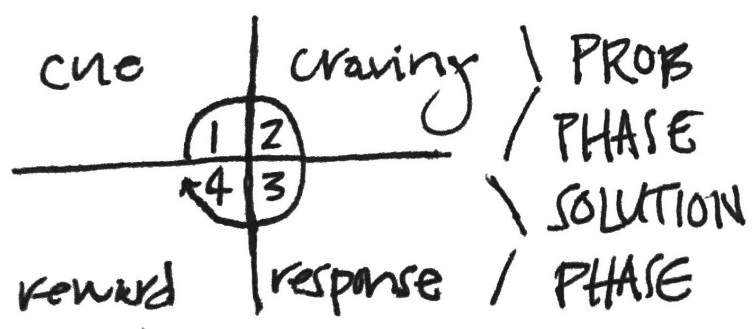




DON'T USE THIS IN A NEG. WAY
 EG: "I'm bad with names."

Habit frequency = how we ID ourselves →
 Building habits = process of becoming yourself

HABITS ⇌ ID



- Steps 1-3 cause a behavior
- Step 4 makes it recur

CREATING GOOD HABITS

- 😊 make it OBVIOUS
- 😊 make it ATTRACTIVE
- 😊 make it EASY
- 😊 make it SATISFYING



BREAKING BAD HABITS MEANS DOING THE OPPOSITE

you want to make it...



- INVISIBLE
- UNATTRACTIVE
- DIFFICULT
- UNSATISFYING



GOOD HABIT
RULE 1: MAKE IT

OBVIOUS

"When [situation], I will [response]."

F
A
K
I
N
G
 habit/cue
 habit/cue
 habit/cue
 habit/cue

H₂O while
at computer



33:33




CUES

should be...

- * Specific
- $\pi = 3.14159265359$
- * Same frequency
- * immediately doable



CHANGE

WHAT YOU $\frac{SEE}{DO}$  then 

NEW HABIT +
CUE
= eyes!

new habit +
old cue
= hard!

- Activity Zones
- Relating to space (write about objects)

work	eat	relax
sleep		

BAD HABITS?

R.E.M.O.V.E.
T.H.E C.U.E

It's easier to AVOID temptation than it is to RESIST it!!

GOOD HABIT

RULE 2: MAKE IT

ATTRACTIVE

→ After [needed habit], then [wanted habit]. ←

Join a GROUP



we are cyclists!

I am a cyclist



(what you sense) ^{craving} (what you want to sense)

☑ CRAVING = GAP

☑ NOT TO CONSUME THE THING, BUT TO FEEL DIFFERENT

RE-
FRAME
IT

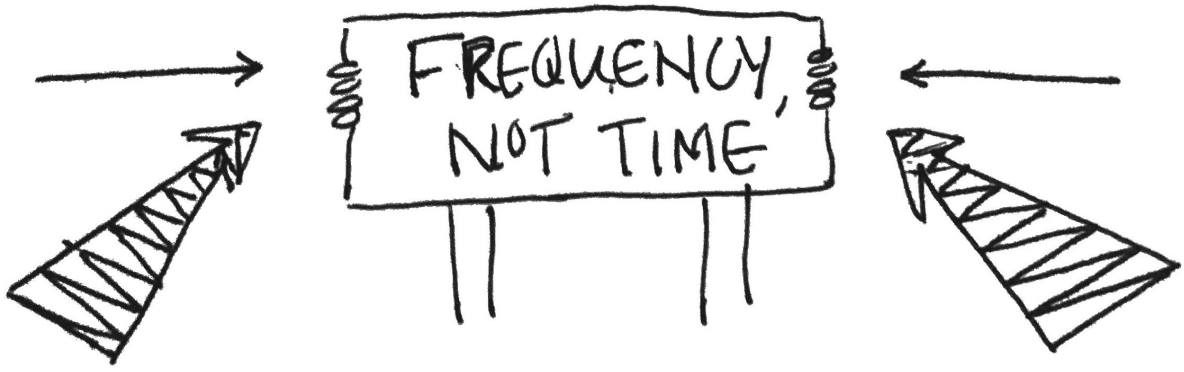
- have to → GET to
- I'm nervous → I'm EXCITED

RULE 3 -
MAKE IT


Easy

not just MOTION -
you need ACTION

Repetition, not perfection. Repetition, not perfection.



THE 00:02:00 RULE:  EASY, BITE-SIZED START

 5K → 10K → 13.1 → 26.2

remember: better to do less than you want than none at all.

LOSING A BAD HABIT : make it **HARD**



make a choice now, when your intentions are good, that makes your bad habit difficult later.



when bad habits are hard, it's easier to do the right thing

RULE 4:
MAKE IT

SATISFYING



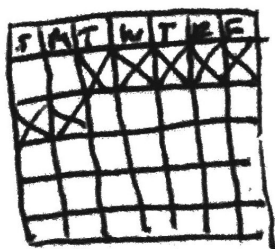
- Good habits cost you now...

bad habits cost you later

- The more immediate the pleasure you get, the less it probably serves your long term goals ☹️... (hmm...)

PROB: temptation avoidance
= zzzzz. It's invisible!

SOLUTION: create a tangible marker of recognition




DAILY HABITS -
don't Break
the chain!



YOU WILL
MESS UP,
BUT...

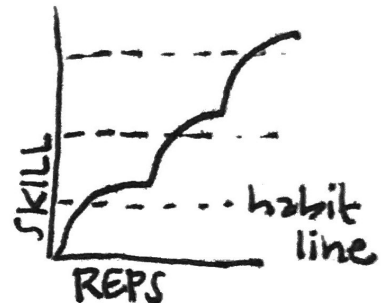
NEVER
MISS
TWICE !

(that's a
new habit
forming.)

Start a new streak
right away to reaffirm your ID 

Habits + d.e.l.i.b.e.r.a.t.e =
p.r.a.c.t.i.c.e

Mastery




You start thinking you've mastered
your skill... & become complacent

REVIEW 



+ tiny
reflect adjustments

 → NYC 30
→ DC = 30
shift



KEEP YOUR



IDENTITY

small.