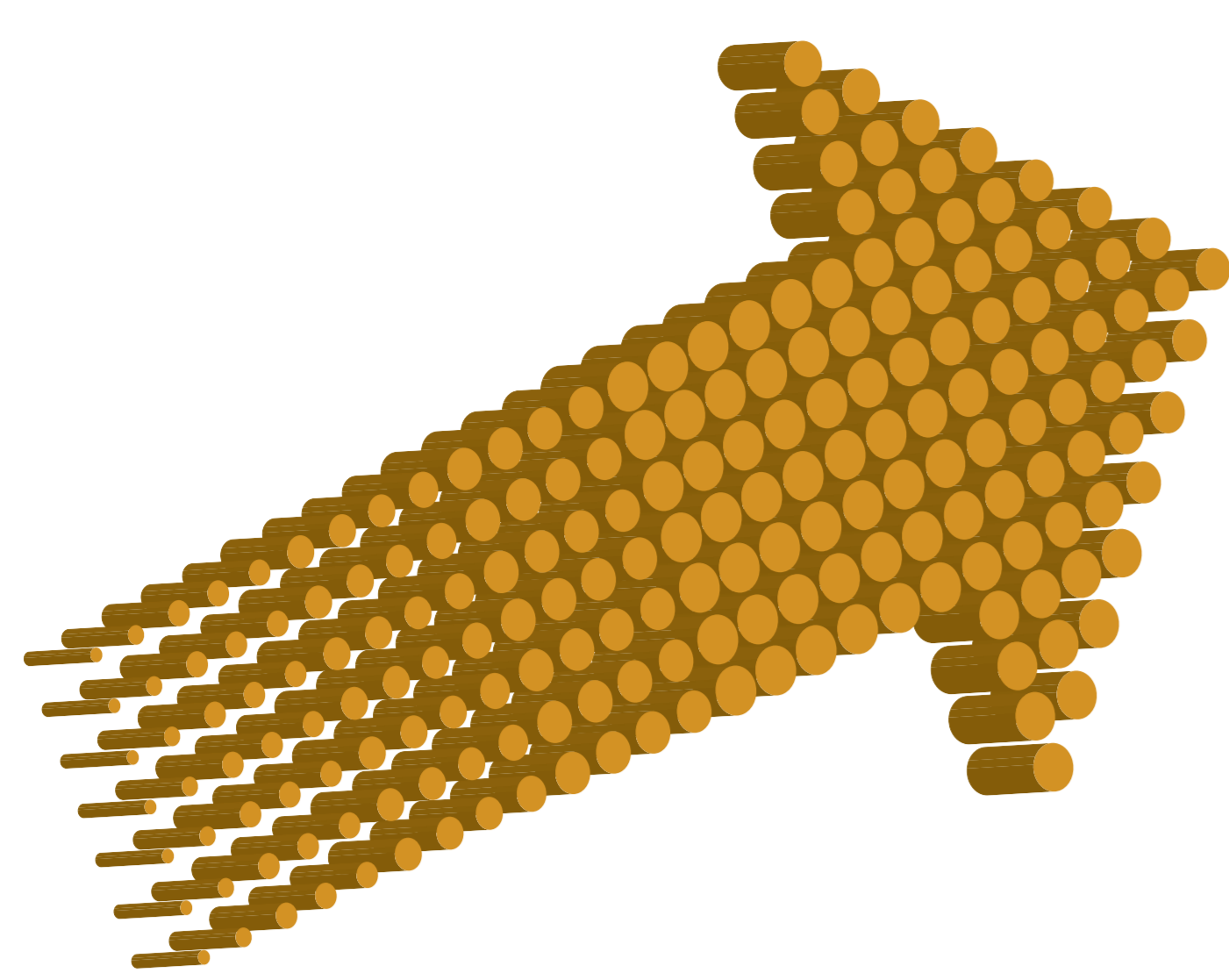
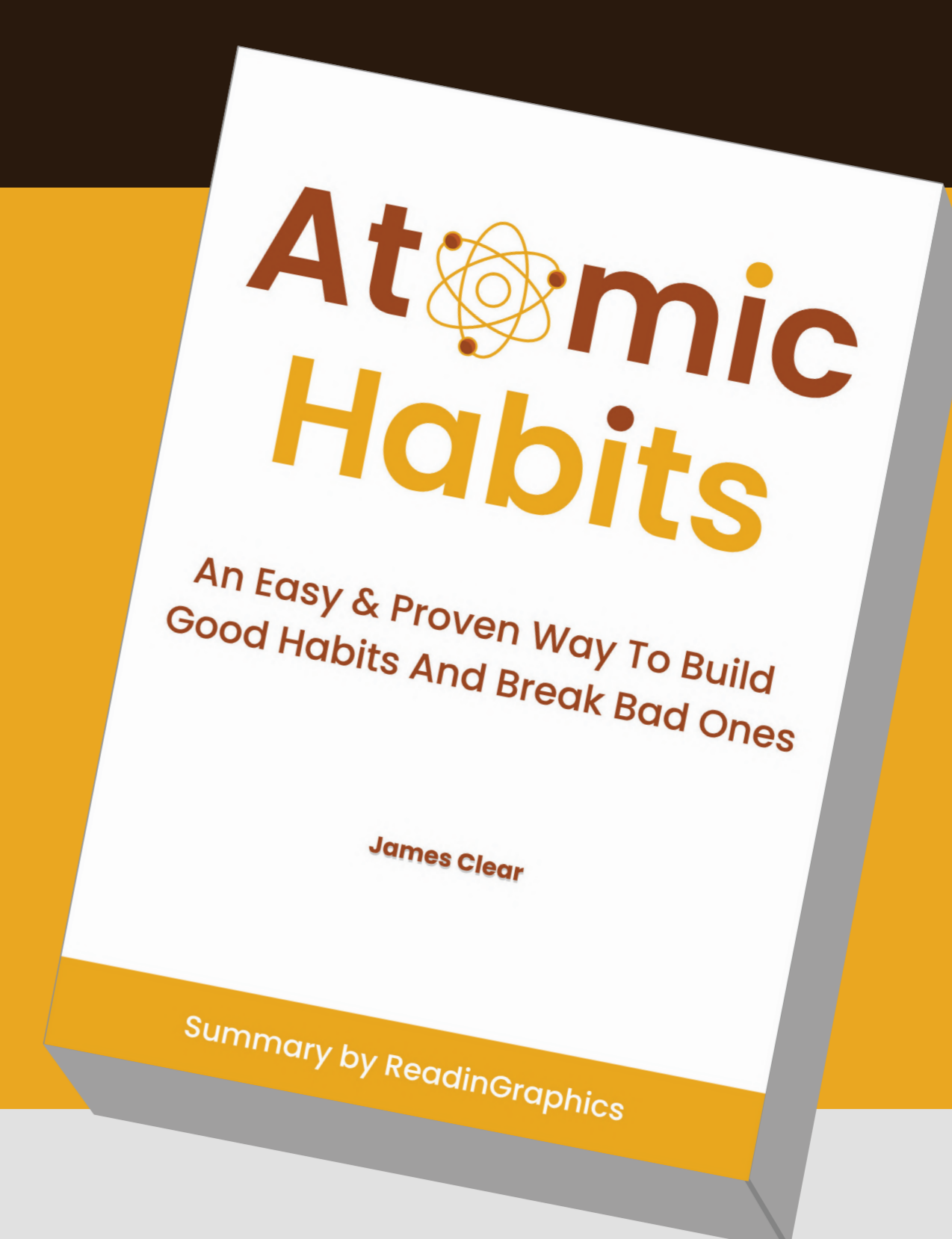


ATOMIC HABITS

AN EASY & PROVEN WAY TO BUILD GOOD HABITS AND BREAK BAD ONES

James Clear



To achieve greater success in any field, we must break bad habits and build good ones. Achieve breakthroughs by building atomic habits—tiny routines and behaviors—that build on top of one another to multiply results.

Building Better Habits with The Habit Loop



How Habits Are Formed/Reinforced

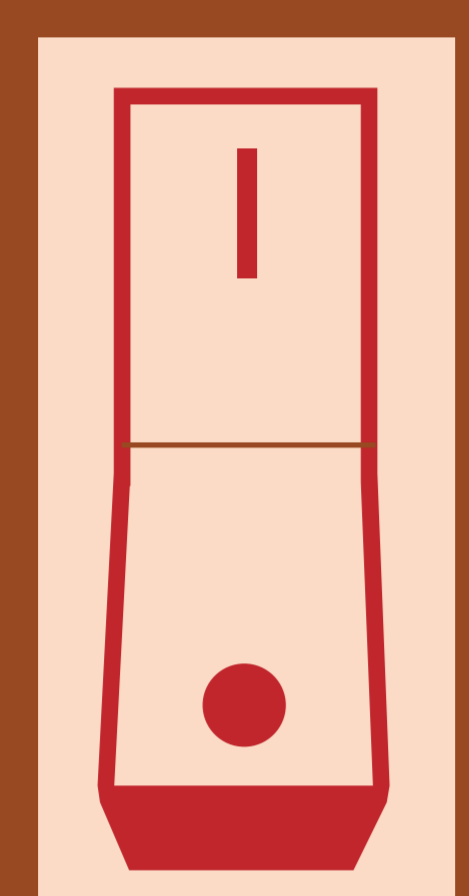
Habits are **mental shortcuts** to help us solve problems effortlessly.

We take action when we expect it to produce a reward. When we experience a reward, we repeat the action, until our brains automatically associate the cue with the reward. The cue will now trigger the **Habit Loop** without conscious thought.

By altering this loop progressively, we can transform our **habits system**.

FORM GOOD HABITS WITH 4 KEY STEPS

LAW #1



Make the Cue Visible



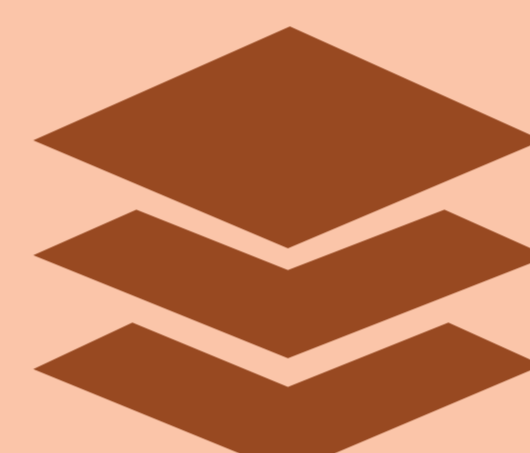
Habits Scorecard

List down all your daily behaviors and habits. Become aware of your habits so you can change them.



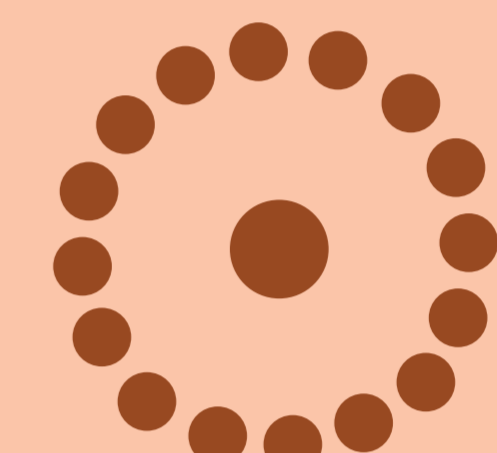
Time/Location Cues

Explicitly peg your actions to a specific time and location: I will [do this] at [this time] in [this location].



Habits Stacking

Peg a desired habit to an existing habit: After [an existing habit], I will [do this new habit].



Environmental Design

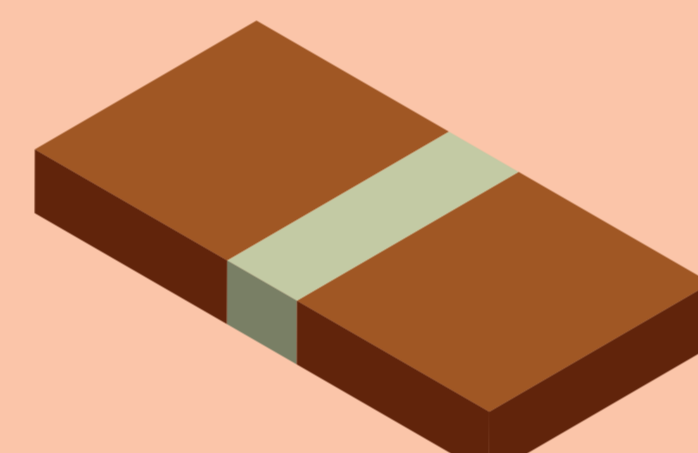
Make cues for desired habits more obvious and have unique locations for different habits.

To break bad habits, make the cues invisible.

LAW #2



Make the Habit Attractive



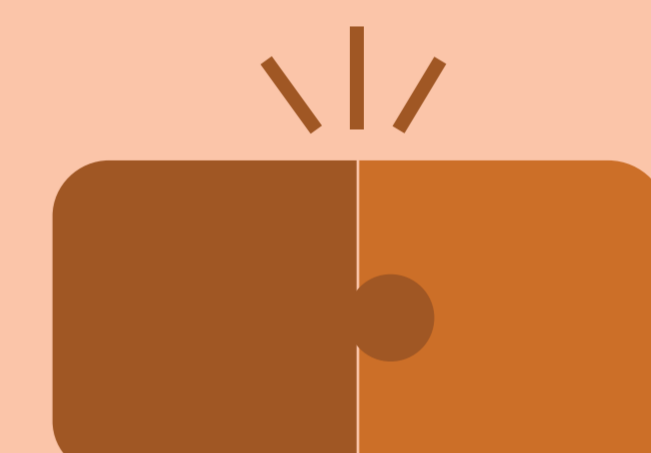
Temptation Bundling

Pair what you *need* to do (new habit) with *what* you want to do (existing desire).



Culture

Join a community/culture where your desired behavior is the norm. Create positive social pressure.



Positive Association

Associate the desired habits with positive feelings: build the belief that it's worth repeating.

To break bad habits, associate them with disadvantages and negative feelings.

LAW #3



Make the Steps Easy



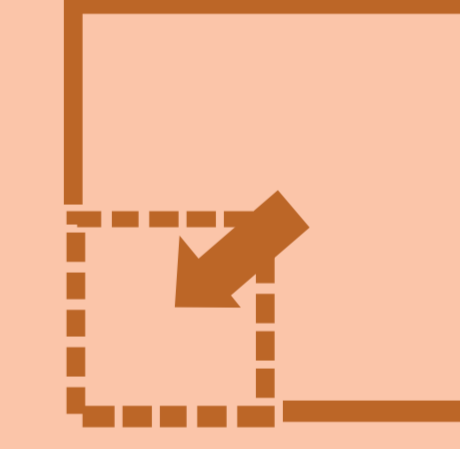
Reduce Friction

Start with easy steps that fit into the flow of your life. Set things up in advance or automate them to make future action easier.



Key Moments

Master the few decisive moments that shape the course of your day.



The 2-Minute Rule

Start with a mini 2-min version of a habit, master it then add on progressively.

To break bad habits, make them hard or impossible to do.

LAW #4



Create Instant Satisfaction



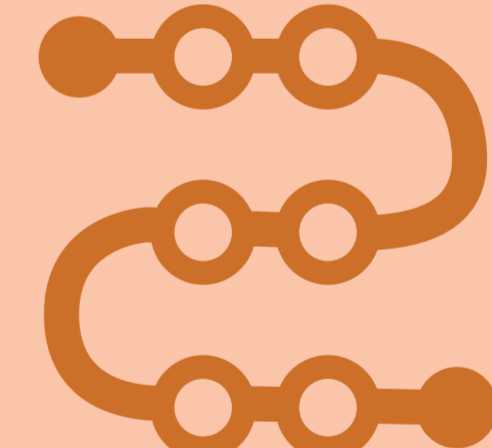
Instant Gratification

Give yourself a reward once you complete a habit.



Reward Restraint

Reward yourself when you avoid a bad habit.



Habit Tracker

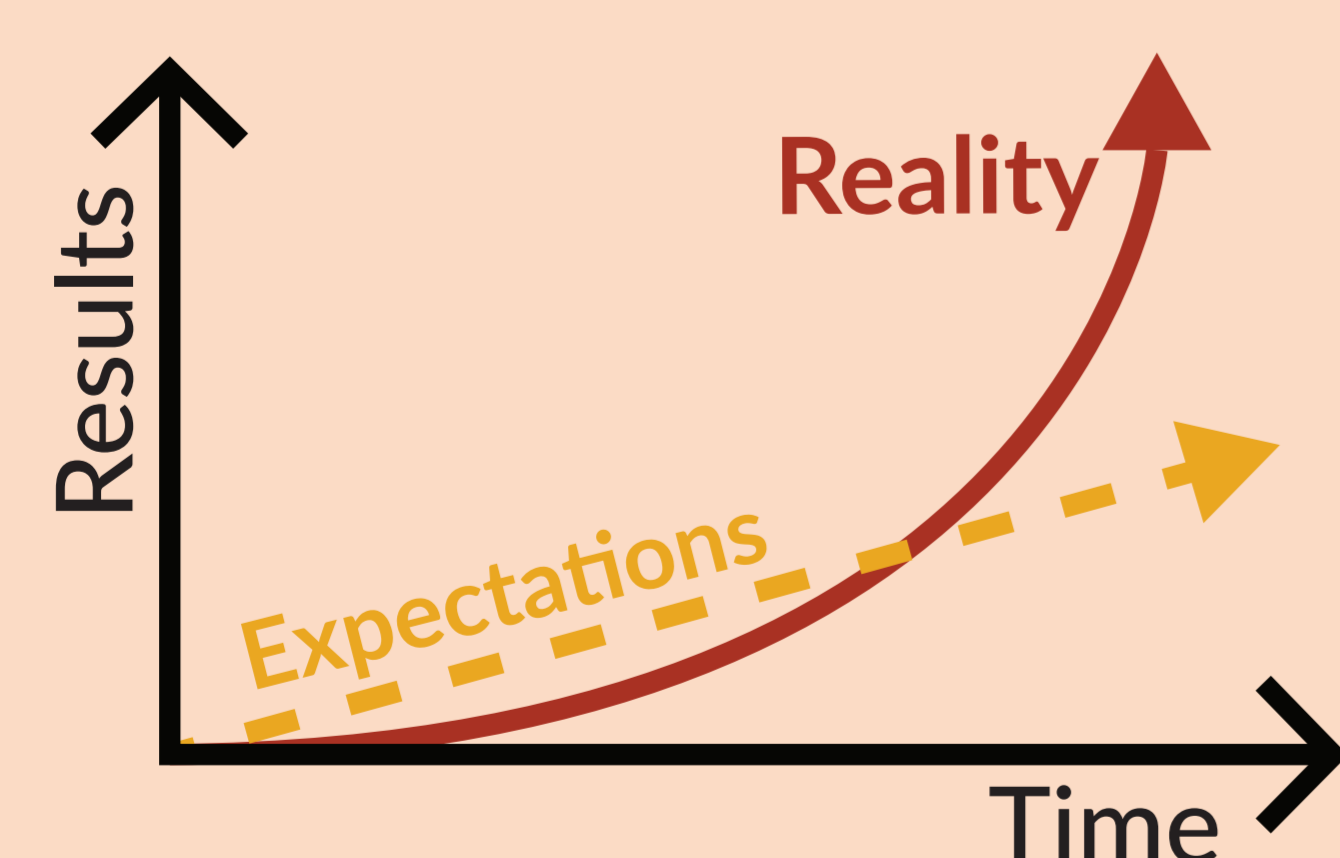
Track your actions daily to make progress visible. Never miss twice in a row.

To break bad habits, make the cues invisible.

FULFILLING YOUR FULL POTENTIAL



Tap on the Compound Effect



Results take time. Stick to your daily actions/habits long enough to cross the **Plateau of Latent Potential**: the tipping point where you start to see exponential growth.

If you improve by 1% a day, you'd become 37x better in 1 year due to the **compounding effect**.



Change from Inside Out

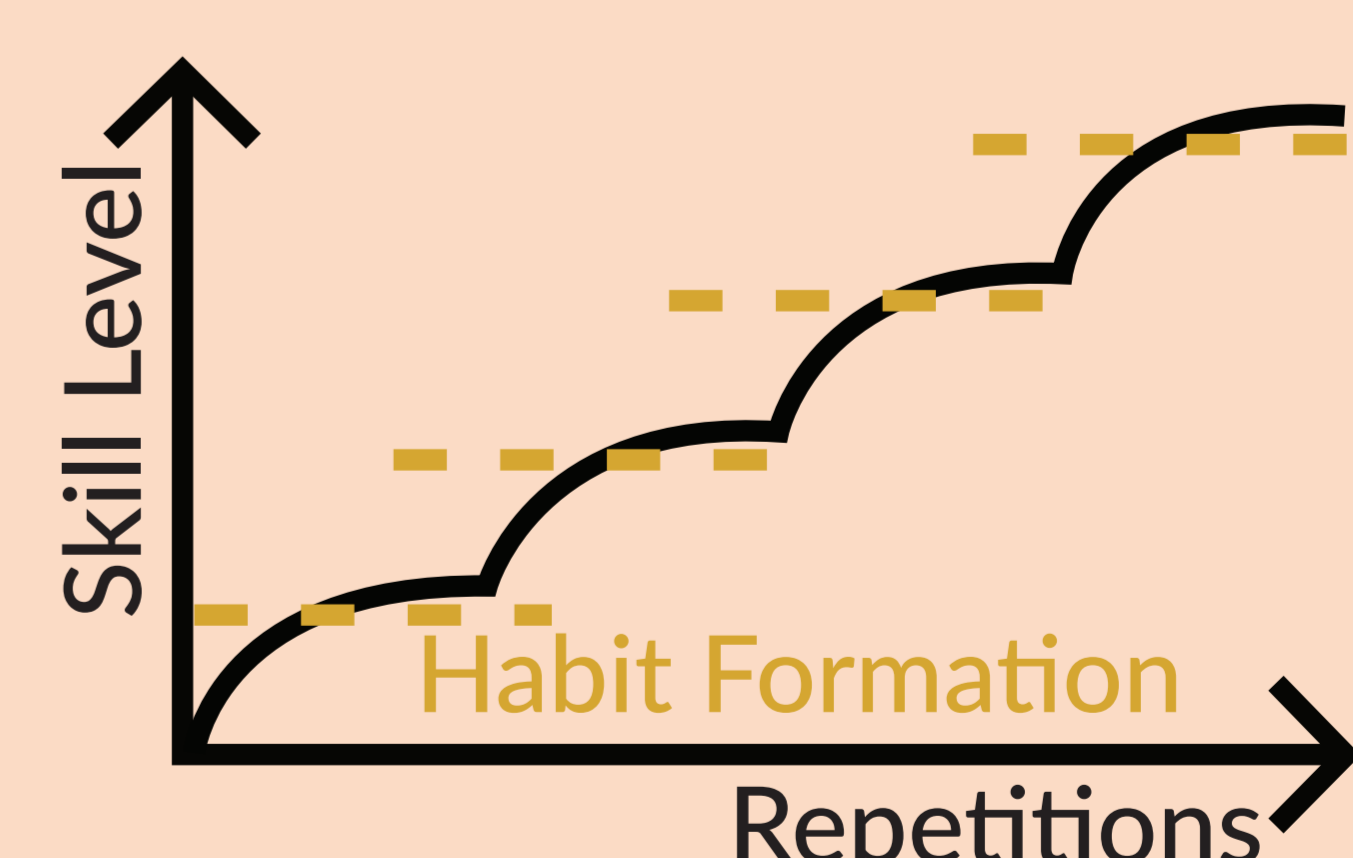


Processes > Outcomes. With the right systems, the outcomes will naturally fall in place.

Identity > Processes. Your identity shapes your habits, which in turn reinforce your identity. You'll stick to a habit when it's a part of who you are. Focus on the person you wish to become; keep refining, expanding and elevating your identity to fulfill your potential.



Becoming Exceptional



Align your habits with your natural talents/abilities and environmental context for the fastest growth.

Stay @ peak motivation with tasks that're just at the edge of your abilities.

To **attain mastery**, combine habits with deliberate practice, using variable rewards and regular review/reflection to stay on track.