

ATOMIC HABITS

An Easy & Proven Way to Build Good Habits & Break Bad Ones

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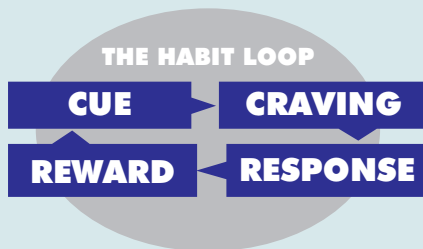
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MAIN IDEA

"Atomic habits" are small habits which are part of a larger system, in just the same way as atoms are the building blocks of molecules. If you want to improve your life or your productivity in any area, don't look for quantum leaps. Instead, make tiny changes – even 1 percent improvements – to your daily habits. Those little changes when combined over time can produce dramatic improvements.

There is a four-step loop which underlies all human behavior and which when repeated leads to the formation of new habits. That loop is:



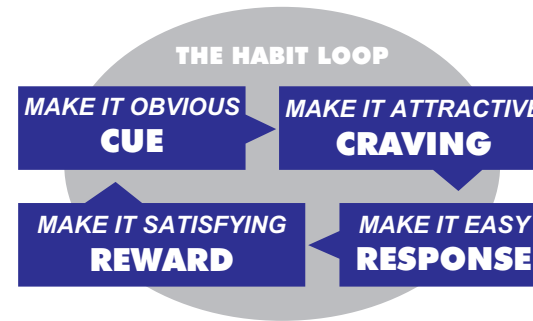
To build better habits and generate small improvements which will compound to generate sizable gains, the four laws are:

1. **Make it obvious.**
2. **Make it attractive.**
3. **Make it easy.**
4. **Make it satisfying.**

Goals articulate the results you want to achieve but what's more important are the processes and systems you use to try and achieve those results. Your habits will make up those systems. Use these laws to upgrade your habits and you automatically change your trajectory and achieve more.

"If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems."

– James Clear



The fundamentals Pages 2 - 3

Habits are the workhorses of all human achievement and surprisingly are the "compound interest" of self-improvement. If you can just get 1 percent better in your habits every day, the long-run effect can be huge. Don't try and make major changes. Concentrate on your small habits – your atomic habits – as the building blocks of remarkable results.

Law #1 – Make it obvious Page 4

The best way to start a new habit is to fill your day-to-day environment with cues and to link those cues with a clearly stated implementation intention: "Whenever situation X arises, I will do Y".

Law #2 – Make it attractive Page 5

If you can make doing your habit attractive in some way, it will become irresistible. Build in some great rewards and temptations and the anticipation of getting those rewards will motivate you to get into action.

Law #3 – Make it easy Page 6

The easier you can make doing your habit, the better. A good way to achieve this is to have the mindset learning by doing is better than learning by reading or thinking about it. Make good behaviors automatic through repetition.

Law #4 – Make it satisfying Page 7

The best way to get a habit to stick is to give yourself an immediate reward whenever you do it. Even a small reward given instantly will work. Feel the rush whenever you act on your new habit and you'll increase the odds that you'll repeat it over and over.

Advanced tactics Page 8

When it comes to habits, there is no finish line. Keep looking for ways to get 1 percent better as you cycle through the habit loop. Find one bottleneck and then the next. Atomic habit upgrades generate impressive long-term compound results so keep going.