

ATOMIC HABITS

Each individual holds the power to change their behaviour. To successfully do so, James Clear explores the concept of “atomic habits” as a powerful tool. Atomic habits are tiny automatic responses practised by an individual.

“The quality of our lives often depends on the quality of our habits.” p. 7

THE POWER BEHIND THE HABITS

SYSTEMS: All of our small habits are a part of a bigger system of change. **IDENTITY:** Habits reinforce our identity. They help us to “become someone.” p. 44 **1% CHANGES HAVE A SIGNIFICANT COMPOUNDED INTEREST.** These results can be positive or negative.

“At some point, you will have to admit that your life was transformed by one small change.” p. 251

THE HABIT LOOP

1—THE CUE

MAKE GOOD HABITS OBVIOUS AND BAD ONES INVISIBLE.

AWARENESS: Simply notice your habits. Ensure that they are no longer mindless by recognizing the possibility for change.

SET INTENTIONS: Highlight the purpose behind the habit.

SHAPE YOUR ENVIRONMENT: “*Behavior is a function of the Person in their Environment, or $B=f(P,E)$.*” p. 83 Design your environment for success, like by adding visual triggers.

STACK HABITS: Take advantage of your existing habits. Habits do not stand alone and should not be isolated.

Expose yourself to the right cues. Make them specific and clear.

4—THE REWARD

MAKE GOOD HABITS SATISFYING AND BAD ONES UNSATISFYING.

CHOOSE A REASON: Understand what will help to repeat habits.

USE REINFORCEMENT: Understand that good habits have delayed returns. Use identity to sustain good habits.

TRACK YOUR HABITS: Be accountable to your habits in real ways.

ALWAYS RECOVER: Avoid interrupting your habits unnecessarily.

Choose habits that reinforce the plans made for your future self.

2—THE CRAVING

MAKE GOOD HABITS ATTRACTIVE AND BAD ONES UNATTRACTIVE.

IRRESISTIBILITY: Exaggerate the cues to make your habits as enticing as possible. Consider using your cravings as force.

BUILD TEMPTATION: Stack desired habits to habits you want.

UNDERSTAND CULTURE: Proximity to a culture that practices the desired habits (or norms) can be a powerful agent of change.

CREATE MOTIVATION RITUALS: Reprogram a habit to enjoy it.

REFRAME: Think of your habits as “getting to,” not “having to.”

Expose yourself to the right cues. Make them specific and clear.

3—THE RESPONSE

MAKE GOOD HABITS EASY AND BAD ONES DIFFICULT.

SCALE DOWN: Make the habit small, easy and requiring little effort. Habits are about showing up for your chosen identity.

AUTOMATE: Use tools make your habits/processes automatic.

CONSIDER FRICTION: Purposefully organize your environment.

COMMIT: Choose to engage with habits for your future self.

Move beyond the motions, choose action despite your fears.

THE HABIT LOOP

STACK THE ODDS... in your favour.

Choose the right field—think of aligning your habits with your “natural inclinations and abilities.” p. 218

Determine your areas of opportunity—this is where you have the best chances of succeeding.

Fit it to your personality—use your strengths and challenges unapologetically. Be unique.

GET USED TO BOREDOM... Understand that boredom is normal. Challenge the boredom by increasing the level of difficult of the task just a little bit.

“Really successful people *feel* the same lack of motivation as everyone else. The difference is that they still find a way to show up despite the feelings of boredom.” p. 234

SYSTEMS... Habits are reliant on the systems established. “The problem isn’t you. The problem is your system.” p. 252

ADD TOOLS... Use the tools and strategies at your disposal, like those share in this book, to “build better systems and shape better habits.” p. 252

AND A REALITY CHECK... “Pick the right habit and progress is easy. Pick the wrong habit and life is a struggle.” p. 223

Never stop reflecting and reviewing your progress. This is best practised by establishing a solid system shaped by your identity.

“This is a continuous process.” p. 253

“At some point, you will have to admit that your life was transformed by one small change.” p. 252

WHAT NEXT:

The best way to continue learning about habits and how they can change your life is to read James Clear’s wonderful book—*Atomic Habits*. It was also suggested that one read *The Power of Habits* by Charles Duhigg.