



Atomic Habits

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The Book in 3 Sentences

1. if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done.
2. Make good habits as easy as possible to do each day, and make bad habits difficult.
3. Show up every day, never put up a zero on who you want to be.



Impressions

I loved the book. Easy read with fun stories throughout that give real life examples. The concepts were better than I thought because he makes you get down to the root of the problem, identity.

How I Discovered It

Jon Adams, Ali Abdal, Thomas Bates, everyone on the entire internet

Who Should Read It?

Everyone!



How the Book Changed Me



How my life / behavior / thoughts / ideas have changed as a result of reading the book.

- Make things easy, put clothes out night before for a workout
- implementing the new habits and keeping up with them seems realistic if you remove temptation, and just move forward.
- Be a “reader” not try and read 20 minutes. Be healthy. Be disciplined, down in my identity.



My Top 3 Quotes

- Ask yourself, “Who is the type of person that could get the outcome I want?”
- Missing one workout happens, but I’m not going to miss two in a row. Maybe I’ll eat an entire pizza, but I’ll follow it up with a healthy meal.
- On the tough days, it’s crucial to have as many things working in your favor as possible so that you can overcome the challenges life naturally throws your way.



Summary + Notes



Atomic Habits

Why Tiny Changes Make a Big Difference

1 The Surprising Power of Atomic Habits

- Get 1% better every day

- Good habits work for you and bad habits work against you
- Be patient!
- Systems are what work and help accomplish goals

if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done. (Location 252)

1% BETTER EVERY DAY 1% worse every day for one year.
 $0.99365 = 00.03$ 1% better every day for one year. $1.01365 = 37.78$
(Location 254)

Success is the product of daily habits—not once-in-a-lifetime transformations. (Location 279)

FORGET ABOUT GOALS, FOCUS ON SYSTEMS INSTEAD
(Location 352)

Goals are good for setting a direction, but systems are best for making progress. (Location 370)

Problem #1: Winners and losers have the same goals.
(Location 372)

Problem #2: Achieving a goal is only a momentary change.
(Location 380)

Problem #3: Goals restrict your happiness. (Location 388)

Problem #4: Goals are at odds with long-term progress.
(Location 398)

The purpose of setting goals is to win the game. The purpose of building systems is to continue playing the game. ([Location 402](#))

2 How Your Habits Shape Your Identity (and Vice Versa)

- I am and I am not
- changing bad habits can be connected to your identity. Maybe I can stop biting my nails if I take pride in the way they look.
- Habits are a path to change identity
- Change who you are by changing what you do

THREE LAYERS OF BEHAVIOR CHANGE ([Location 435](#))

Outcomes are about what you get. Processes are about what you do. Identity is about what you believe. ([Location 444](#))

It's hard to change your habits if you never change the underlying beliefs that led to your past behavior. ([Location 471](#))

Once your pride gets involved, you'll fight tooth and nail to maintain your habits. ([Location 485](#))

Your identity is literally your "repeated beingness." ([Location 523](#))

Decide the type of person you want to be. Prove it to yourself with small wins. ([Location 554](#))

Ask yourself, "Who is the type of person that could get the outcome I want?" ([Location 559](#))

3 How to Build Better Habits in 4 Simple Steps

Feedback loop: cue, craving, response, reward

Walk into dark room, I want light in the room, so I turn in the light switch, light comes on.

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

A habit is a behavior that has been repeated enough times to become automatic. ([Location 613](#))

Habits do not restrict freedom. They create it. In fact, the people who don't have their habits handled are often the ones with the least amount of freedom. ([Location 641](#))

the cue triggers a craving, which motivates a response, which provides a reward, which satisfies the craving and, ultimately, becomes associated with the cue. Together, these four steps form a neurological feedback loop—cue, craving, response, reward; cue, craving, response, reward—that ultimately allows you to create automatic habits. ([Location 692](#))

The 1st Law: Make it Obvious

4. The Man Who didn't look right

Habit scorecard. List everything and put positive neutral or negative next to it.

Behavior change starts with awareness

Point and Call out habits

Before we can effectively build new habits, we need to get a handle on our current ones. (Location 838)

5. The Best Way to Start of New Habit

When and where will you do what you said you wanted to do.

Saving money needs a weekly meeting with Chrissy, at a set time

Habit stack: pair a habit with something you already do.

Be very specific, and make it obvious.

The sentence they filled out is what researchers refer to as an implementation intention, which is a plan you make beforehand about when and where to act. That is, how you intend to implement a particular habit. (Location 915)

“When situation X arises, I will perform response Y.” (Location 920)

The simple way to apply this strategy to your habits is to fill out this sentence: I will [BEHAVIOR] at [TIME] in [LOCATION].

(Location 936)

6. Motivation is Overrated; Environment often matters more

Every habit is associated with a cue

Environment matters for habits, make them obvious

Gradually, your habits become associated not with a single trigger but with the entire context surrounding the behavior. The context becomes the cue. (Location 1171)

It is easier to build new habits in a new environment because you are not fighting against old cues. (Location 1172)

7. The Secret to Self Control

People with self control simply spend less time with temptation.

Help undo a bad habit by making it invisible.

Instead, “disciplined” people are better at structuring their lives in a way that does not require heroic willpower and self-control.

([Location 1198](#))

Bad habits are autocatalytic: the process feeds itself.

([Location 1211](#))

Researchers refer to this phenomenon as “cue-induced wanting”: an external trigger causes a compulsive craving to repeat a bad habit. Once you notice something, you begin to want it.

([Location 1215](#))

This practice is an inversion of the 1st Law of Behavior Change. Rather than make it obvious, you can make it invisible.

([Location 1230](#))

Second Law: Make it Attractive

8. How to make a habit irresistible

When it comes to habits, the key takeaway is this: dopamine is released not only when you experience pleasure, but also when you anticipate it. ([Location 1337](#))

It is the anticipation of a reward—not the fulfillment of it—that gets us to take action. ([Location 1341](#))

Doing the thing you need to do means you get to do the thing you want to do. (Location 1404)

It is the anticipation of a reward—not the fulfillment of it—that gets us to take action. The greater the anticipation, the greater the dopamine spike. (Location 1410)

9. The Role of Family and Friends In Shaping Your Habits

Your culture sets your expectation for what is “normal.”
(Location 1477)

The culture we live in determines which behaviors are attractive to us. (Location 1542)

We tend to imitate the habits of three social groups: the close (family and friends), the many (the tribe), and the powerful (those with status and prestige). (Location 1543)

10. How to find and fix the causes of your bad habits

Make the bad habit unattractive

All behaviors have motives underlying

Highlight benefits of hard habits

I get to do this

Your habits are modern-day solutions to ancient desires. New versions of old vices. The underlying motives behind human behavior remain the same. (Location 1588)

To summarize, the specific cravings you feel and habits you perform are really an attempt to address your fundamental

underlying motives. ([Location 1619](#))

Reframing your habits to highlight their benefits rather than their drawbacks is a fast and lightweight way to reprogram your mind and make a habit seem more attractive. ([Location 1633](#))

3rd Law: Make it Easy

11. Walk slowly but never backward

Motion Vs Action

Motion is planning, action is doing

Practice and perform the habit, it's about reps not time

Voltaire once wrote, “The best is the enemy of the good.”
([Location 1715](#))

When preparation becomes a form of procrastination, you need to change something. ([Location 1729](#))

If you want to master a habit, the key is to start with repetition, not perfection. ([Location 1730](#))

12. The Law of Least Effort

Create an environment where doing the right thing is as easy as possible

remove friction

On the tough days, it's crucial to have as many things working in your favor as possible so that you can overcome the challenges life naturally throws your way. ([Location 1829](#))

“How can we design a world where it’s easy to do what’s right?”
([Location 1908](#))

Human behavior follows the Law of Least Effort. We will naturally gravitate toward the option that requires the least amount of work.
([Location 1910](#))

13. How to Stop Procrastinating by using the 2 minute Rule

Master decisive moments

2 minute rule: make stuff as easy as possible. Instead of get up when alarm goes off, maybe get up and brush teeth

For running, have clothes in but my habit it tying my shoes

Every day, there are a handful of moments that deliver an outsized impact. I refer to these little choices as decisive moments.
([Location 1938](#))

“When you start a new habit, it should take less than two minutes to do.” ([Location 1956](#))

“Run three miles” becomes “Tie my running shoes.” ([Location 1959](#))

The point is to master the habit of showing up. ([Location 1985](#))

Habits can be completed in a few seconds but continue to impact your behavior for minutes or hours afterward. ([Location 2042](#))

14. How to make good habits in evitable and bad habits impossible

Make bad habits hard

Ask waiter to split meal in half and box it up

Sometimes success is less about making good habits easy and more about making bad habits hard. ([Location 2057](#))

The best way to break a bad habit is to make it impractical to do. Increase the friction until you don't even have the option to act. ([Location 2090](#))

A commitment device is a choice you make in the present that locks in better behavior in the future. ([Location 2151](#))

4th Law Make it Satisfying

15. The cardinal rule of behavior change

Cardinal Rule of Behavior Change: What is rewarded is repeated. What is punished is avoided. ([Location 2240](#))

the costs of your good habits are in the present. The costs of your bad habits are in the future. ([Location 2278](#))

Incentives can start a habit. Identity sustains a habit. ([Location 2328](#))

16. How to stick with good habits every day

Never miss a habit twice

Never miss tracking a habit twice

habit tracking provides visual proof that you are casting votes for the type of person you wish to become, which is a delightful form of immediate and intrinsic gratification. ([Location 2392](#))

Missing one workout happens, but I'm not going to miss two in a row. Maybe I'll eat an entire pizza, but I'll follow it up with a healthy meal. ([Location 2421](#))

Sluggish days and bad workouts maintain the compound gains you accrued from previous good days. Simply doing something—ten squats, five sprints, a push-up, anything really—is huge. Don't put up a zero. ([Location 2432](#))

Charles Goodhart, the principle states, "When a measure becomes a target, it ceases to be a good measure." ([Location 2453](#))

17. How and accountability partner can change everything

Make a contract with an accountability partner. The consequences need to be painful and immediate, like having to pay someone.

Advanced Tactics

18. The truth about talent

Pick the right habits for me, my personality, the things that are easier for me that are harder for others

Habits are easier to perform, and more satisfying to stick with, when they align with your natural inclinations and abilities.
([Location 2618](#))

genes do not determine your destiny. They determine your areas of opportunity. ([Location 2631](#))

When you can't win by being better, you can win by being different.
([Location 2721](#))

Until you work as hard as those you admire, don't explain away their success as luck. ([Location 2743](#))

19. The Goldilocks rule

I never regret working out, I never regret reading my Bible, I never regret getting out of bed early, I never regret finishing a day having eaten healthy

one of the most consistent findings is that the way to maintain motivation and achieve peak levels of desire is to work on tasks of "just manageable difficulty." ([Location 2775](#))

The Goldilocks Rule states that humans experience peak motivation when working on tasks that are right on the edge of their current abilities. Not too hard. Not too easy. Just right. ([Location 2782](#))

The greatest threat to success is not failure but boredom. ([Location 2817](#))

20. The downside of creating good habits

Easy to coast. Must constantly improve so you can master.

Habits + Deliberate Practice = Mastery ([Location 2876](#))

Reflection and review is a process that allows you to remain conscious of your performance over time. ([Location 3001](#))

The tighter we cling to an identity, the harder it becomes to grow beyond it. ([Location 3002](#))

Conclusion

Success is not a goal to reach or a finish line to cross. It is a system to improve, an endless process to refine. (Location 3022)

The secret to getting results that last is to never stop making improvements. (Location 3041)