

10 Lessons from the book "Atomic Habits" by James Clear, Tiny Changes, Remarkable Results, An Easy & Proven Way to Build Good Habits & Break Bad Ones

- 1. You get what you repeat.**
 - a. Your outcomes are a lagging measure of your habits.
 - b. Your weight is a lagging measure of your eating habits.
 - c. Your net worth is a lagging measure of your financial habits.
- 2. The most effective way to change your habits is to focus not on what you want to achieve, but on who you wish to become.**
- 3. There are three layers of behavior change:**
 - i. a change in your outcomes
 - ii. a change in your processes
 - iii. a change in your identity.
 - b. Outcomes are about what you get.
 - c. Processes are about what you do.
 - d. Identity is about what you believe.
- 4. Changing our habits is challenging for two reasons:**
 - a. We try to change the wrong thing.
 - b. We try to change our habits in the wrong way.
- 5. The Four Laws of Behavior Change are a simple set of rules we can use to build better habits.**
 - a. Make it obvious
 - b. Make it attractive
 - c. Make it easy
 - d. Make it satisfying.
- 6. One of the best ways to build a new habit is to identify a current habit you already do each day and then stack your new behavior on top.**
 - a. This is called 'Habit Stacking.
 - b. The habit stacking formula is:
 - i. After [CURRENT HABIT], I will [NEW HABIT].
- 7. The culture we live in determines which behaviors are attractive to us.**
 - a. We tend to adopt habits that are praised and approved of by our culture.
 - b. This is mainly because we have a strong desire to fit in and belong to the tribe.
- 8. One of the most effective things you can do to build better habits is to join a culture where:**
 - a. Your desired behavior is the normal behavior and
 - b. You already have something in common with the group.

9. Habits are attractive when we associate them with positive feelings and unattractive when we associate them with negative feelings.

- a. Create a motivation ritual by doing something you enjoy immediately before a difficult habit.

10. Pick the right habit and progress is easy. Pick the wrong habit and life is a struggle.

- a. Habits are easier when they align with your natural abilities.
- b. Choose the habits that best suit you.
- c. And play a game that favors your strengths.