

Atomic Habits



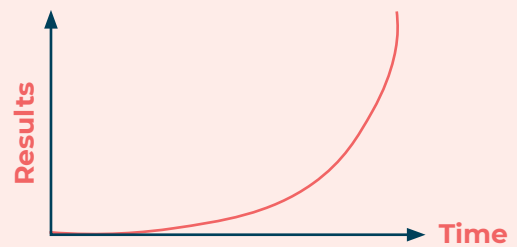
By becoming just 1% better every day, you can make long-term changes in your life. Having a system of small, stackable habits that compound over time enables you to work progressively towards more radical goals. The challenge is staying motivated to see these results – you need to have the right system in place. To create this system, you can use James Clear’s ‘Four Laws of Behaviour Change’.



COMPOUNDING CHANGE

Imagine you stick with a habit for a year. Each day you get 1% better, so that by the end of the year your results have compounded to an improvement of nearly 38%.

This concept comes from James Clear’s *Atomic Habits*. It explores how we can make small changes and stick at them to achieve larger, loftier goals.



THE FOUR LAWS OF BEHAVIOUR CHANGE

To make changes that stick, apply the four laws of behaviour change – whether that’s to create new habits or break old habits.

Creating habits



- 1 Make it obvious.**
Use habit-stacking by linking a new habit to an old behaviour.
- 2 Make it attractive.**
Use temptation bundling by pairing an action you want to do with an action you need to do.
- 3 Make it easy.**
Automate it by setting up the environment to make it simple to carry out.
- 4 Make it satisfying.**
Use a habit-tracker; a system that tracks when you successfully repeat the habit.

Breaking habits



- 1 Make it invisible.**
Avoid actions and environments that cue bad habits.
- 2 Make it unattractive.**
Remind yourself of the benefits of avoiding the bad habit and the consequences of sticking with it.
- 3 Make it difficult.**
Rework your environment so it takes extra effort to complete a bad habit.
- 4 Make it unsatisfying.**
Publicise your commitment to change so there’s a social cost when you repeat bad habits.

REFLECTION

Think about a goal you want to achieve. Identify one habit you need to **create or break** to reach it. The habit should be small and practical – remember, you only need to make a 1% improvement each day.



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| <p>1 How will you make it obvious/invisible?</p> | <p>2 How will you make it attractive/unattractive?</p> | <p>3 How will you make it easy/difficult?</p> | <p>4 How will you make it satisfying/unsatisfying?</p> |
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