

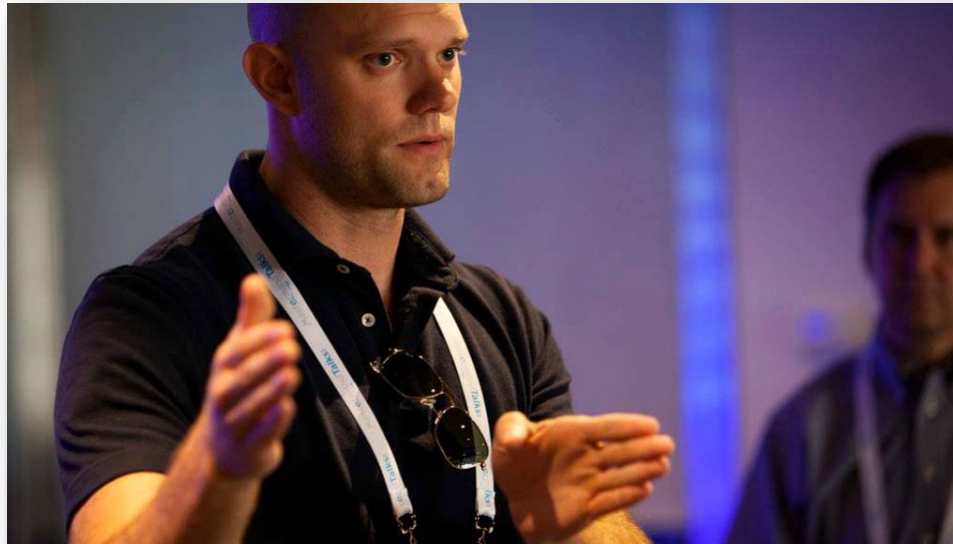
“Atomic Habits: Tiny Changes, Remarkable Results”

By: James Clear



A Book Club Session

Hi, I'm James Clear



- I received my degree in **biomechanics** from **Denison University** in 2008
- In 2012 I first began writing about self-improvement.
- I'm the **author** of the #1 New York Times bestseller, Atomic Habits
- **sold more than 15 million copies worldwide**
- **translated into 50+ languages.**
- **Speaker at major companies and events.**
- **Weightlifter and (former) athlete.**
- **Contributor to Against Malaria Foundation (AMF).**

Why are they called Atomic Habits?

- Atomic Habits by James Clear is a comprehensive, **practical guide** on how to change your habits and get 1% better every day.
- Using a framework called **the Four Laws of Behavior Change**, Atomic Habits teaches readers a simple set of rules for **creating good habits** and **breaking bad ones**.

THE FUNDAMENTALS

Why Tiny Changes Make a Big
Difference

Why small (aka Atomic) changes are the way to go?

- **3 Key Lessons from Atomic Habits**
- **Lesson 1:** Small habits make a big difference

“Too often we convince ourselves that **massive success** requires **massive action**”.

- Meanwhile, improving by 1 percent isn't particularly notable—sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run.

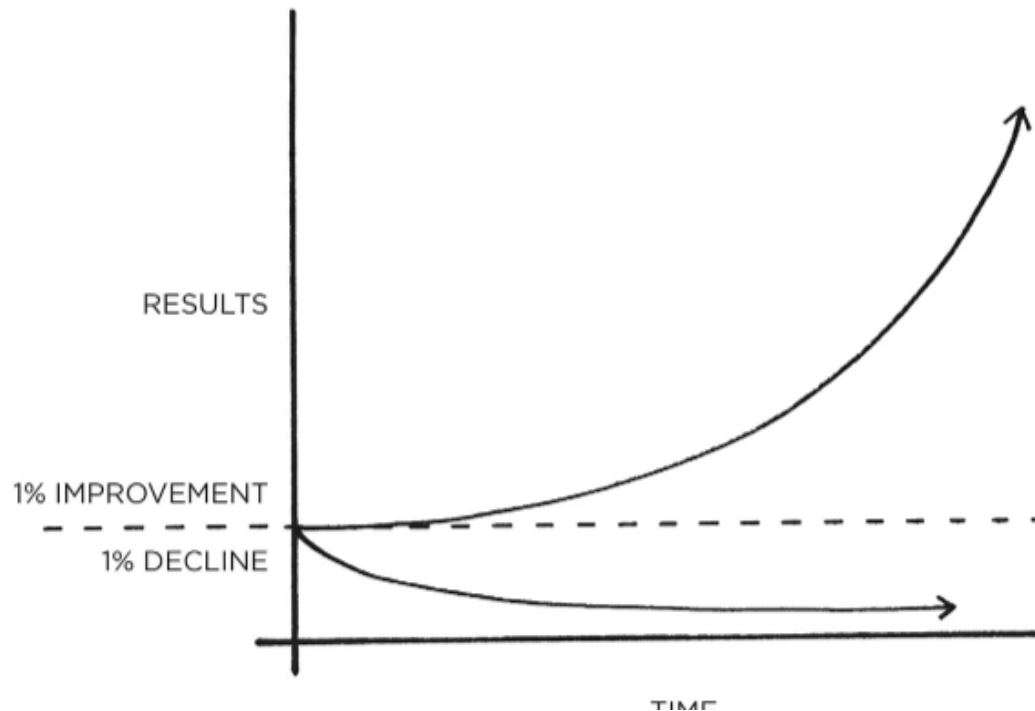
Atomic Habits Summary in Three Sentences

- **Lesson 1:** Small habits make a big difference

1% BETTER EVERY DAY

1% worse every day for one year. $0.99^{365} = 00.03$

1% better every day for one year. $1.01^{365} = 37.78$



Atomic Habits Summary in Three Sentences

- Meanwhile, improving by 1 percent isn't particularly notable— sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run.
- Here's how the math works out: 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.
- Conversely, if you **get 1 percent worse** each day for one year, you'll decline nearly **down to zero**. What starts as a small win or a minor setback accumulates into something much more.

Atomic Habits Summary in Three Sentences

- It doesn't matter how successful or unsuccessful you are right now. What matters is whether your habits are putting you on **the path toward success**.

Focus on getting 1 percent better every day!

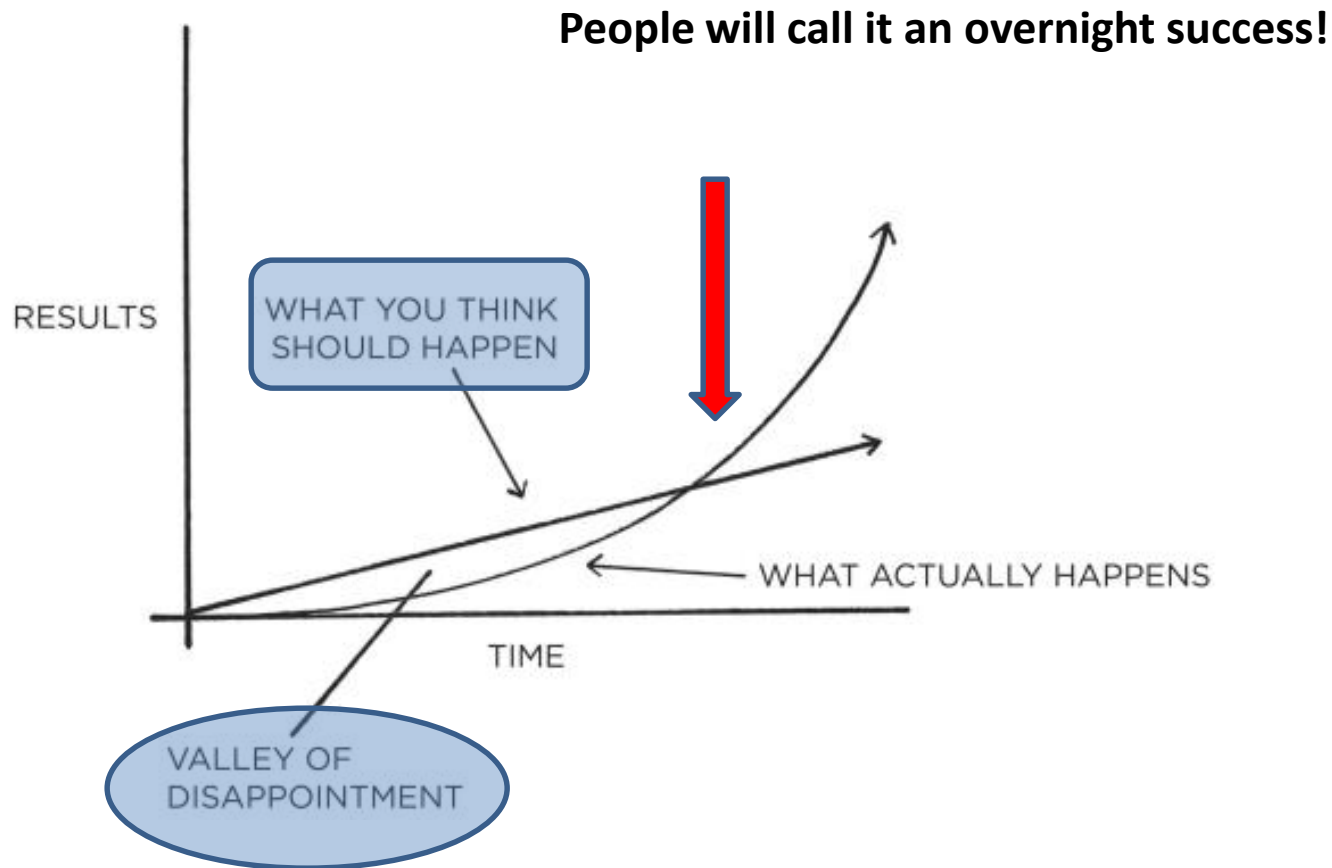
1%

BETTER

EVERY DAY

Atomic Habits Summary in Three Sentences

The Plateau of Latent Potential



Atomic Habits Summary in Three Sentences

- **Lesson 2:** Forget about setting goals. Focus on your system instead.
- **Goals** are about the **results** you want to achieve.
- **Systems** are about **the processes** that lead to those results. **Page 23**
- 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.

Atomic Habits Summary in Three Sentences

- For example, **a musician's goal** is to **play a new song**.
- Their **system** is how often they practice, how they break it up into different pieces, how they take feedback from their instructor and implement it.
- For **an entrepreneur**, their **goal** might be to **build a million dollar business**. Their system is how they test products, their marketing campaigns, the team they hire to implement.

FORGET ABOUT GOALS, FOCUS ON SYSTEMS INSTEAD

- Problem #1: **Winners and losers have the same goals.**
- Problem #2: **Achieving a goal is only a momentary change.**
- Problem #3: **Goals restrict your happiness.**
- Problem #4: **Goals are at odds with long-term progress.**

Atomic Habits Summary in Three Sentences

- You do not rise to the level of your goals. You fall to the level of your systems. **Page 28**
- Atomic Habits presents a proven system for building good habits and breaking bad ones.

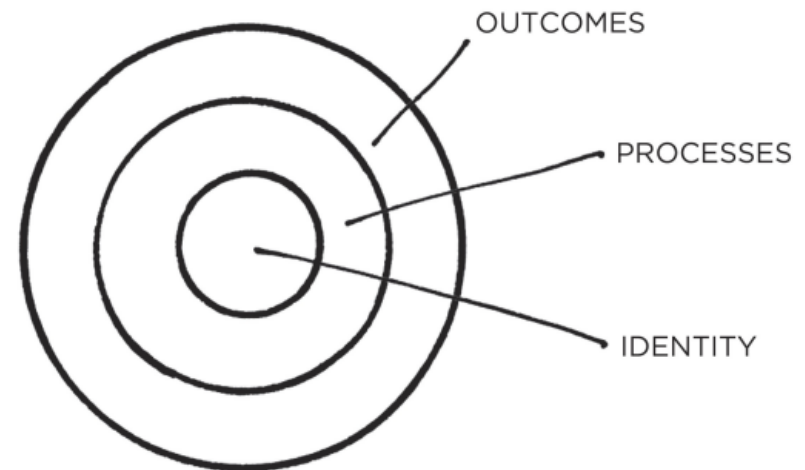
Atomic Habits Summary in Three Sentences

- **Lesson 3:** Build identity-based habits
- The key to building lasting habits is focusing on **creating a new identity first**. Your **current behaviors** are simply a reflection of **your current identity**. What you do now is a mirror image of the type of person you believe that you are (either **consciously** or **subconsciously**).
- To change your behavior for good, you need to start believing new things about yourself. You need to **build identity-based habits**.

THREE LAYERS OF BEHAVIOR CHANGE

- **The first layer is changing your **outcomes**.** (e.g. losing weight, winning a championship)
- **The second layer is changing your **process**.** (e.g. implementing a new routine at the gym, decluttering your desk for better workflow)
- **The third and deepest layer is changing your **identity**.** (changing your beliefs, your worldview, your self-image.....)

Your habits shape your identity, and your identity shapes your habits.”



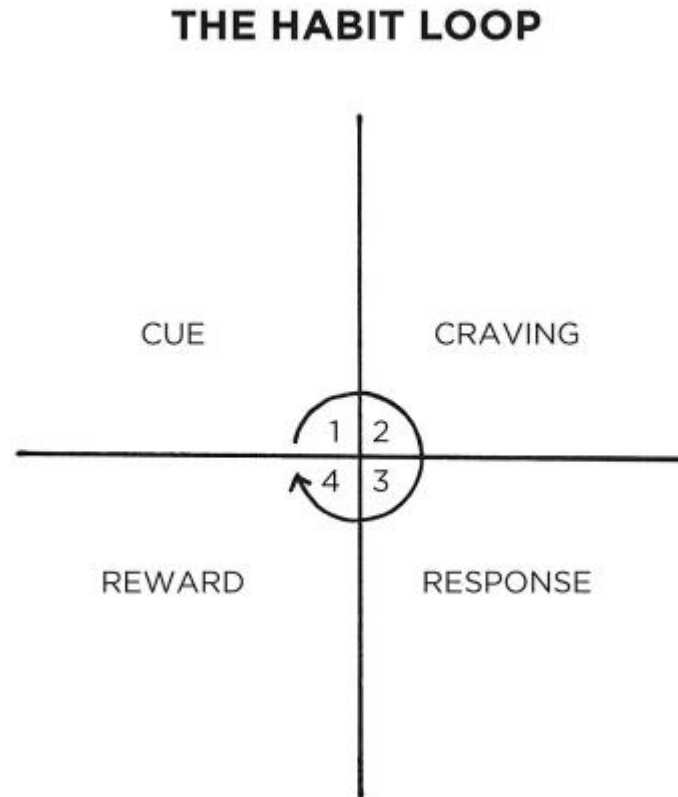
Atomic Habits Summary in Three Sentences

- **Changing your beliefs** isn't nearly as hard as you might think. There are two steps.
 1. **Decide the type of person you want to be.**
 2. **Prove it to yourself with small wins.**
- Your identity emerges out of your habits. **Every action is a vote for the type of person you wish to become.**

The Science of How Habits Work

Building a habit can be broken down into four steps:

1. Cue
2. Craving
3. Response
4. Reward



The Science of How Habits Work

These steps always go in the same order and follow one after another.

- **Cue:** It is a bit of **information** that predicts a reward.
- **Cravings** are the **motivational force** behind every habit.
- **Response** is the actual habit you perform.
- **Rewards** satisfy your craving, and teach us which actions are worth remembering in the future.

"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." - page 50

The 4 Laws of Behavior Change

"You can think of each law as a lever that influences human behavior. When the levers are in **the right positions**, creating good habits is **effortless**. When they are in **the wrong positions**, it is nearly **impossible**." - page 54

So here are the 4 laws:

1st Law: **Make it obvious** [the Cue]

2nd Law: **Make it attractive** [the Craving]

3rd Law: **Make it easy** [the Response]

4th Law: **Make it satisfying** [the Reward]





THANK YOU

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