

## Atomic Habits by James Clear

- 💡 I will embrace the value of making small improvements on a daily basis vs. looking for one defining moment
- 💡 My habits are the compound interest of my self-improvement - my work is not wasted; it is just being stored
- 💡 My outcomes are a lagging measure of my habits - I get what I repeat
- 💡 My breakthrough moments will be the result of many earlier actions, which build up the potential required to unleash a major change
- 💡 I will focus on establishing winning systems and processes that consistently lead to the continuous improvements that I want
- 💡 The ultimate form of motivation is when a habit becomes part of my identity
- 💡 The more pride I have in a particular aspect of my identity, the more motivated I will be to maintain the associated habits
- 💡 There is internal pressure for me to maintain my self-image and behave in a way consistent with my beliefs
- 💡 The more I repeat a behavior, the more I reinforce the associated identity; each experience modifies my self-image
- 💡 Once I identify the type of person I want to be, I can begin taking small steps to reinforce my desired identity
- 💡 Habits are reliable and repeatable solutions (shortcuts) to environment problems which are learned through experience
- 💡 Habits reduce cognitive load (brain activity) and free up mental capacity
- 💡 I will understand and leverage the four habit execution steps: cue, craving, response, reward
- 💡 Cravings are about changing my internal state
- 💡 Creating good or eliminating bad habits is a matter of leveraging the steps: 1. Cue (make it obvious / invisible), 2. Craving (make it attractive / unattractive), 3. Response (make it easy / difficult), 4. Reward (make it satisfying / unsatisfying)
- 💡 I will leverage good habits to create / expand my freedom
- 💡 The human brain is a prediction machine
- 💡 I don't need to be aware of the cue for a habit to begin
- 💡 Until I make the unconscious conscious, it will direct my life
- 💡 I will maintain awareness of what I'm doing so that I can change negative habits
- 💡 I will leverage implementation intentions to instantiate new habits (using time and location cues)
- 💡 I will leverage habit stacking to tie new habits to existing habits
- 💡 I will find ways to make starting new habits easy
- 💡 I will design my environment to embed helpful cues
- 💡 I will work to remove the temptation of bad habits
- 💡 Habits are a dopamine-driven feedback loop
- 💡 Desire is the engine that will drive my behavior
- 💡 I will use temptation bundling to reinforce new habits
- 💡 I will surround myself with those who have the habits that I want to build
- 💡 Every behavior has a surface level craving (desire to change my internal state) and a deeper, underlying motive (basic need)
- 💡 My behavior is heavily dependent on how I interpret the events that happen to me, not necessarily the objective reality of the events themselves
- 💡 I will reframe desired habits to highlight benefits and make them more attractive
- 💡 I will leverage motivation rituals to link desired habits to things that enjoy (positive conditioning)
- 💡 I will focus on Action (delivering outcomes) over Motion (being busy)
- 💡 I will master habits by focusing on repetition over perfection - putting in my reps to get to automatic
- 💡 I will make new habits so easy that I'll do them even when I don't feel like it
- 💡 I will practice environment design to automate, eliminate or simplify as many steps as possible
- 💡 I will learn to adjust friction to encourage good habits and discourage bad ones
- 💡 I will pay attention to decisive moments that impact the options available to my future self
- 💡 I will leverage gateway habits that lead to my desired outcomes (very easy to very hard)
- 💡 I will leverage habit shaping: mastering the first two minutes of each new habit (very easy) - and then moving on to harder phases
- 💡 I will leverage commitment devices to control my future actions (lock in productive behaviors)
- 💡 I will make my bad habits impractical to complete by increasing friction and removing options to act unproductively
- 💡 I will automate as many tasks as possible in order to free up cognitive capacity
- 💡 I will leverage strategic one-time decisions to further tailor my environments for success
- 💡 What is immediately rewarded is repeated; what is immediately punished is avoided
- 💡 The costs of my good habits will be in the present; the cost of my bad habits will be in the future
- 💡 I will leverage immediate rewards (reinforcement) when forming new good habits to keep me engaged until the delayed rewards accumulate
- 💡 Incentives can start a habit; identity sustains it
- 💡 The most effective form of motivation is progress
- 💡 I will focus on keeping my habit streaks alive (never missing twice in a row)
- 💡 I can use habit tracking to keep myself honest
- 💡 The more immediate and costly a mistake, the more I will learn from it
- 💡 I can use accountability partners and habit contracts to strengthen my commitments
- 💡 Genes do not determine my destiny, they determine my areas of opportunity
- 💡 I will find ways to play to my strengths
- 💡 I will maintain motivation and peak levels of desire by working on tasks of "just manageable difficulty"; getting a bit better over time
- 💡 I will keep habit behaviors easy to maintain consistency and motivation
- 💡 Habit + Deliberate Practice = Mastery
- 💡 I will narrow my focus to tiny elements of success; repeating until I internalize the required skills - and then building and reflecting
- 💡 Success is a system to improve, an endless process to refine
- 💡 The secret to getting results that last is to never stop making improvements; it's remarkable what I can build if I just don't stop
- 💡 Happiness is simply the absence of desire - the state I enter when I no longer want to change my state
- 💡 With a big enough WHY, I can overcome any HOW
- 💡 Being curious (leads to action) is better than being smart (doesn't deliver results)