



# CREATING HABITS

## WITH *ATOMIC HABITS*

# **START SMALL USING "ATOMIC HABITS"**

**BY JAMES CLEAR**

- **MAKING SMALL, INCREMENTAL CHANGES CAN LEAD TO SIGNIFICANT RESULTS OVER TIME**
- **THE MORE ATTRACTIVE A HABIT IS, THE MORE LIKELY IT IS TO BECOME INGRAINED IN YOUR ROUTINE**
- **THE EASIER A HABIT IS TO PERFORM, THE MORE LIKELY IT IS TO STICK**
- **THE MAIN PRINCIPLE OF "ATOMIC HABITS" IS SMALL, CONSISTENT CHANGES LEAD TO BIG RESULTS OVER TIME**

**"ALL BIG THINGS COME FROM SMALL BEGINNINGS. THE SEED OF EVERY HABIT IS A SINGLE, TINY DECISION."**

**-JAMES CLEAR**

# **CREATE A WRITTEN SCHEDULE USING "ATOMIC HABITS"**

- **WHEN YOU WRITE DOWN YOUR DAILY SCHEDULE YOU ARE MORE LIKELY TO EXECUTE YOUR GOALS FOR THE DAY**
- **WRITING DOWN A NEW HABIT AND COMMITTING TO A SPECIFIC TIME IS PROVEN TO INCREASE ONE'S ABILITY TO ACHIEVE THE NEW HABIT CONSISTENTLY, AND OVER TIME IT BECOMES A PERMANENT HABIT**
- **WHEN WE STICK TO A WRITTEN SCHEDULE IT ALLOWS ENOUGH TIME TO COMPLETE ALL THE NECESSARY DAILY TASKS**

**"SOME PEOPLE SPEND THEIR ENTIRE LIVES WAITING FOR THE TIME TO BE RIGHT TO MAKE AN IMPROVEMENT."**

**-JAMES CLEAR**



# STACKING HABITS USING "ATOMIC HABITS"

- HABIT STACKING IS WHEN YOU PIGGYBACK A NEW HABIT ONTO AN EXISTING HABIT
- "AFTER [CURRENT HABIT], I WILL [NEW HABIT]"
- ALWAYS STATE WHAT YOU ARE GOING TO DO
- HABIT STACKING IS EFFECTIVE BECAUSE YOU ALREADY DO THE EXISTING HABIT. YOUR NEW HABIT INHERITS THE CONSISTENCY OF YOUR EXISTING HABIT

"SUCCESS IS THE PRODUCT OF DAILY HABITS—NOT ONCE-IN-A-LIFETIME TRANSFORMATIONS."

—JAMES CLEAR

# **POINT AND CALL USING "ATOMIC HABITS"**

- **POINT AND CALL IS A METHOD USED IN TEAMS TO AVOID MISTAKES**
- **IT INVOLVES LOOKING AT AN OBJECT, POINTING AT IT AND THEN CALLING IT OUT VERBALLY AMONG A TEAM**
- **IT IS KNOWN TO DECREASE WORKPLACE ERRORS BY 85%**
- **POINT TO YOUR WRITTEN SCHEDULE AND CALL OUT "CALL BLOCKING AT 9AM"**

**"GOALS ARE GOOD FOR SETTING A DIRECTION, BUT  
SYSTEMS ARE BEST FOR MAKING PROGRESS."**

**-JAMES CLEAR**

# GET 1% BETTER EVERY DAY

"WE ARE SO FOCUSED ON FIGURING OUT THE BEST APPROACH THAT  
WE NEVER GET AROUND TO TAKING ACTION." - JAMES CLEAR