

ATOMIC HABITS SUMMARY

01. TINY IMPROVEMENTS BUILD UP OVER TIME

The habits you build every day shape your entire life. Even small 1% improvements or setbacks might not stand out day by day, but they become noticeable over a year or several years!



02. FOCUS ON BECOMING THE PERSON YOU WANT TO BE, NOT WHAT YOU WANT TO ACHIEVE

To truly change your habits for good, change how you see yourself. Your self-image is very powerful. Instead of saying, "I'll run a marathon," say, "I'm a dedicated long-distance runner who trains every day."



03. LINK A NEW HABIT TO A SPECIFIC TIME AND LOCATION

Make it clear: "After my morning coffee, I'll put on my running shoes and go for a run" or "Before bed, I'll set out my gym clothes neatly at the bottom of my bed for the next morning".



04. KEEP IT SIMPLE AND VISUAL WHEN TRACKING YOUR HABITS

Keep it simple: Track your habits with ease. Put up a daily calendar on your wall or desk and keep a pen or marker nearby. If it's straightforward, you're more likely to stick with it.



05. CREATE A HABIT CONTRACT TO STAY ACCOUNTABLE AND COMMITTED

Boost your odds of sticking to good habits by creating a "habit contract." Choose a reliable friend, or spouse, or join a group to keep you on track.



06. MAKE CHANGING HABITS EASY!

Make it simple: If you usually check social media in the morning, put your phone out of reach at night. If you have a craving for sweets, swap out the chocolate bar for a healthier snack, and keep it on hand when cravings hit.

