



Atomic Habits

by James Clear · 2018 · 320 pages

In one line: Small habits, repeated daily, compound into big results. Build them with four simple laws.

Is it worth your time? Yes, if you have never thought about habits as a system. Skip it if you have read two habit books already; this summary is enough.

Try this week: five things to do

- 1 Pick one habit. Shrink it until it takes two minutes (one page, one stretch, one sentence).
- 2 Stack it: write "After I ___, I will ___" and stick it where the first thing happens.
- 3 Put the cue in sight and the temptation out of sight (phone in another room during the habit).
- 4 Tick a paper calendar every day you show up. The tick is the reward.
- 5 When you miss a day, do the two-minute version the next day. Never miss twice.

Tick each one off. When you miss a day, do the two-minute version the next day. Never miss twice.