

Atomic Habits by James Clear

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1. Detailed Summary

Detailed Summary

1% improvement compounds exponentially which is why small changes over a sustained time make such a great difference.

- You think improvement will be linear but actually it's exponential which means there's a valley of disappointment at the beginning.

Habits shape identity and vice versa.

- There are three layers of behaviour change: Identity, Processes, Outcomes.
- Make your habits apply to your identity. Every time you work out you are an athlete.
- Practicing a habit can change your own views about yourself .

4 Simple steps to building habits

The four steps align to Cue -> Craving -> Response -> Reward

- Make it obvious
 - o The man who didn't look right
 - o The best way to start a new habit
 - o Motivation is overrated environment often matters more
 - o The secret to self control
- Make it attractive
 - o Make it irresistible
 - o Role of family and friend
 - o Show to find and fix the causes of your bad habits (reverse of make it obvious, make it attractive, make it easy and make it satisfying
- Make it easy
 - o Walk slowly but never backward
 - o The law of least effort
 - o How to stop procrastinating by using the two minute rule
 - o How to make good habits inevitable and bad habits impossible
- Make it satisfying
 - o The cardinal rule of behaviour change
 - o How to stick with good habits every day
 - o How an accountability partner can change everything

How to go from being merely good to being truly great

- The truth about talent (when genes matter and when they don't)
- The goldilocks rule, how to stay motivated in life and work
- The downside of creating good habits

The secret to results that last

Appendix

- What you should read next
- Little lessons from the four laws
- How to apply these ideas to business
- How to apply these ideas to parenting