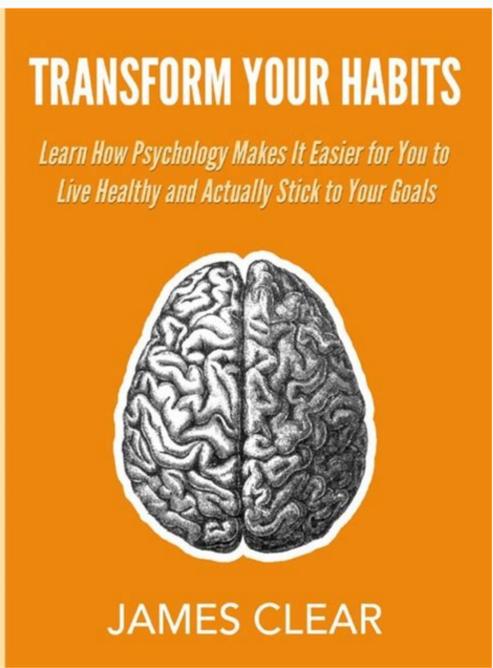




I'm not robot



Open



Obvious / Invisible

Make it attractive / Make it unattractive

Create a motivation ritual. Do something you enjoy immediately before a difficult habit.

Before I _____,

I will _____.

Before I _____,

I will _____.

Before I _____,

I will _____.

Reframe your mind-set. Highlight the benefits of avoiding your bad habits.

Atomic Habits
#AtomicHabits



ATOMIC HABITS

Learn & Form a Way to Build Good Habits

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The Big "So What?"

The authors provide research and data that you should know about habits and how they affect your life. In this book, James Clear shows an insight from cognitive and behavioral science to provide a powerful strategy that you can use to help you create better habits in any area of life.

Common Mistake: The Power of Two Weeks

1 Atomic habits are often formed and reinforced that build over time. It takes about 66 days to form a habit. The authors provide an insight from cognitive and behavioral science to provide a powerful strategy that you can use to help you create better habits in any area of life.

- If you practice for 21 days you don't form a habit. It takes 66 days to form a habit. The authors provide an insight from cognitive and behavioral science to provide a powerful strategy that you can use to help you create better habits in any area of life.
- The most likely time you will form a habit is 66 days. The authors provide an insight from cognitive and behavioral science to provide a powerful strategy that you can use to help you create better habits in any area of life.

PDF

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The 1st Law	Make It Obvious
1.1	Fill out the Habits Scorecard. Write down your current habits to become aware of them.
1.2	Use implementation intentions: "I will [BEHAVIOR] at [TIME] in [LOCATION]."
1.3	Use habit stacking: "After [CURRENT HABIT], I will [NEW HABIT]."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	Make It Attractive
2.1	Use temptation bundling. Pair an action you want to do with an action you need to do.
2.2	Join a culture where your desired behavior is the normal behavior.
2.3	Create a motivation ritual. Do something you enjoy immediately before a difficult habit.
The 3rd Law	Make It Easy
3.1	Reduce friction. Decrease the number of steps between you and your good habits.
3.2	Prime the environment. Prepare your environment to make future actions easier.
3.3	Master the decisive moment. Optimize the small choices that deliver outsized impact.
3.4	Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.
3.5	Automate your habits. Invest in technology and onetime purchases that lock in future behavior.
The 4th Law	Make It Satisfying
4.1	Use reinforcement. Give yourself an immediate reward when you complete your habit.
4.2	Make "doing nothing" enjoyable. When avoiding a bad habit, design a way to see the benefits.
4.3	Use a habit tracker. Keep track of your habit streak and "don't break the chain."
4.4	Never miss twice. When you forget to do a habit, make sure you get back on track immediately.

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If you are having trouble changing your habits, the problem is not you. This invalidation, the practical book is the guide you need to break the bad routines and make the good ones". Adam Grant, author of the Original Atomic Habits is a step-by-step manual for changing the routines'. Books of the month, Financial Times' 'a special book that will change how you approach your day and live his life'. Ryan Holiday, author of the obstacle is the way. You don't rise to the level of your goals. But the world-renowned habit expert, James Clear, has discovered otherwise. You can open the .mobi file by a software called calibre on your computer. You can open the .mobi file with a Kindle e-book device. En Kindle Fire, Kindle Paperwhite, Kindle Touch, Kindle Keyboard ".22. These small changes will have a revolutionary effect on your career, your relationships and your life. Discover a handful of simple life hacks (the forgotten art of habit stacking, the unexpected power of the two-minute rule, or the trick to get into the Goldilocks area), and delve into cutting-edge psychology and neuroscience to explain why they matter.

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