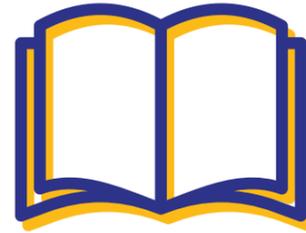


ATOMIC HABITS

By James Clear

Tiny Changes, Remarkable Results



BUILD GOOD HABITS AND BREAK BAD ONES

With the following steps

When you pause, think about your ideal life and then start working on tiny habit changes, you can become healthier, feel more confident about your lifestyle and meet your deadlines!



START SMALL

Don't attempt to overhaul your life in one go. Look for the little tweaks that can lead to greater change.



STACK NEW HABITS WITH OLD ONES

Attach a new habit to an existing one, like meditating for ten minutes after you have your morning coffee.



OUT OF SIGHT, OUT OF MIND

Want to stop looking at your phone every ten minutes? Remove the trigger by silencing notifications and putting your device out of reach.



REWARD YOURSELF FOR CHANGING

Watch your favourite show or treat yourself to a bath after your workout and you'll start to look forward to it more.

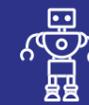


MAKE THINGS EASY ON YOURSELF

Get your desk in order before school or at the end of the day so it is easy to start studying or working when the time comes.



Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.”



AUTOMATE FOR SUCCESS

You won't have to think about putting your savings aside if they come out of your bank account automatically.



REWARD YOURSELF

The more satisfying your habit is, the more likely you will continue doing it, so celebrate your achievements. The best news is that progress is a reward in itself.



CHANGE YOUR MINDSET

Switch your attitude as well as your habits. If you want to run, think of yourself as someone who runs. If you want to write, think of yourself as a writer.

YOU ARE NOT YOUR HABITS.

**YOU CONTROL THEM, AND YOU CAN
MAKE THEM WORK FOR YOU.**

