Atomic Habits

PV236, 26.10.2020, by Jan Ondruch

Agenda

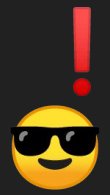
1️⃣ Intro to the Book

2️⃣ Content

- ✔️ The Power of 1% Changes
- ✔️ Identity Change
- ✔️ Focus on Systems
- ✔️ The Habit Loop

3️⃣ Discussion

DISCLAIMER / WARNING / RECOMMENDATION



Do not try to remember everything.
If you take out one or two things and **implement** them, that is a win!

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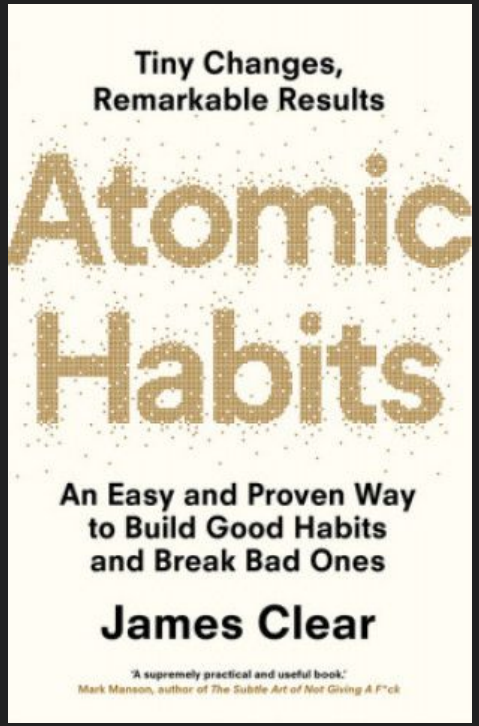
About the Book

⭐ The #1 New York Times bestseller

💸 Over 1 million copies sold

🧠 Based on scientific studies

👍 5.5 h audiobook



TL;DR

Tiny changes lead to remarkable results.

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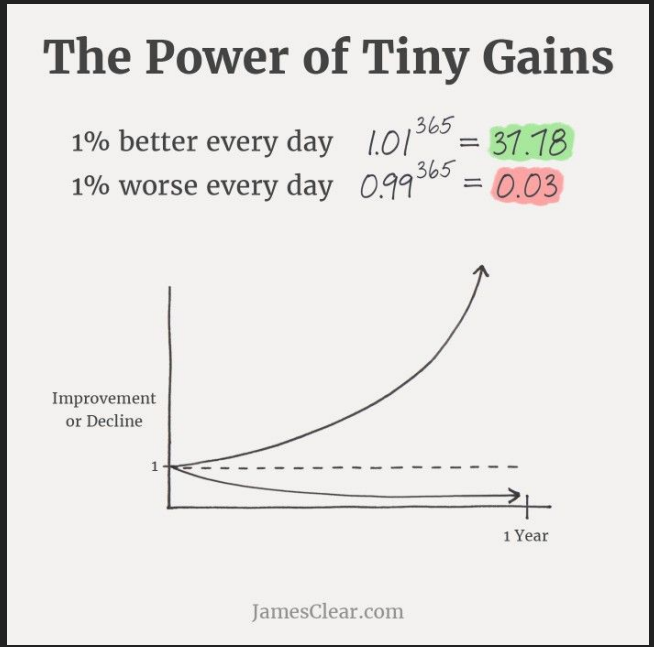
The Power of 1% Changes - Tiny Gains

📈 Compound effect

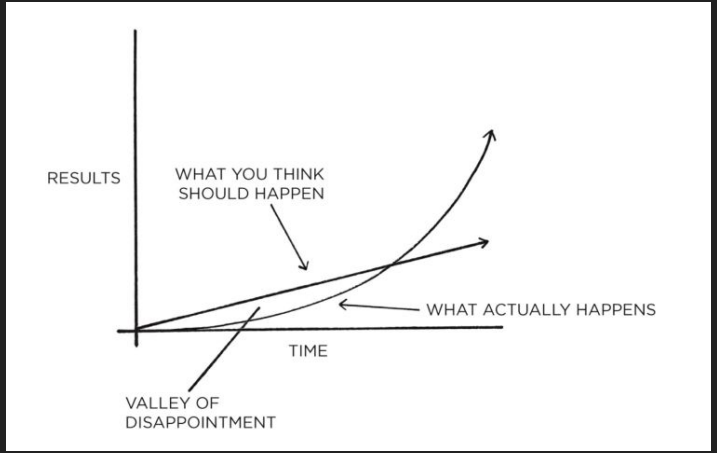
👍 Positive

👎 Negative



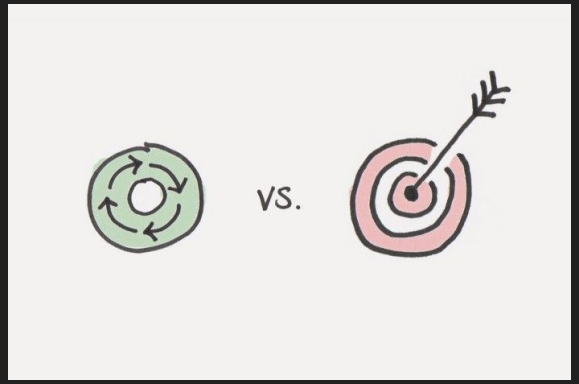
The Power of 1% Changes - Delayed Outcome

- 🌌 The Plateau of Latent Potential
- 🕰️ It takes time to build a habit
- 🧘‍♀️ Be patient



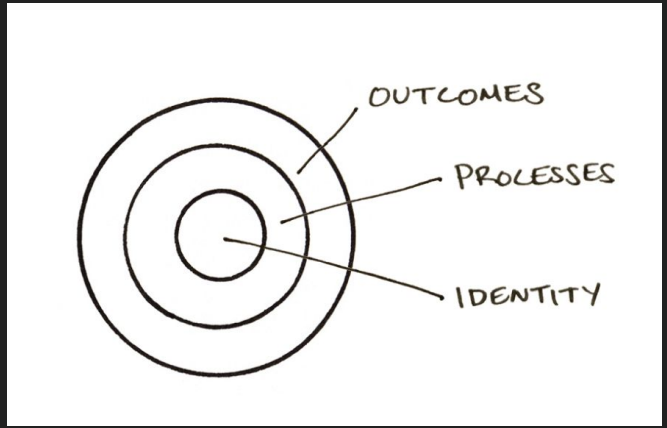
Focus on Systems

- 👉 Winners and losers have the same goals
- 👉 Achieving a goal is only a momentary change
- 👉 Goals restrict your happiness
- 👉 Goals are at odds with long-term progress

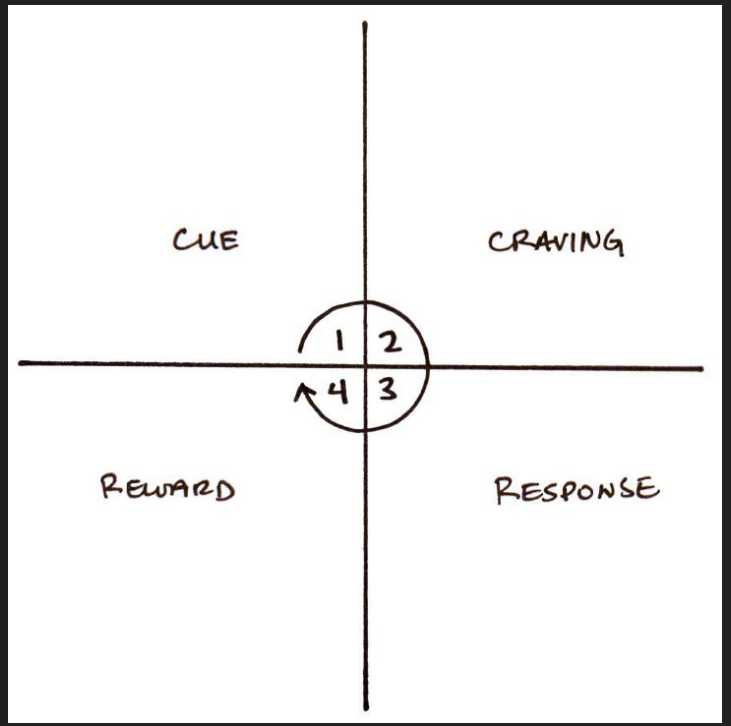


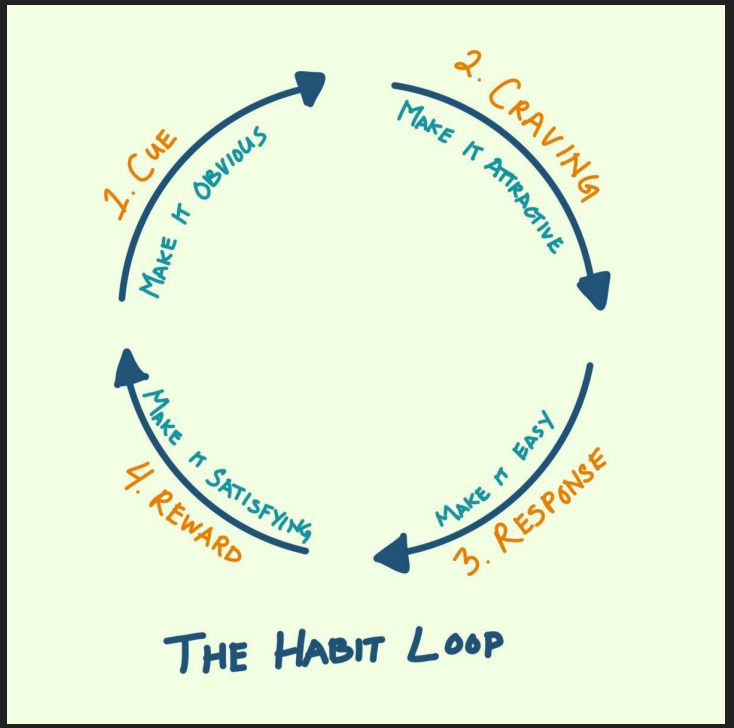
Identity Change

- 👉 Three layers of behavior change
- 👉 Surface level changes is temporary
- 👉 Habit as a part of our identity



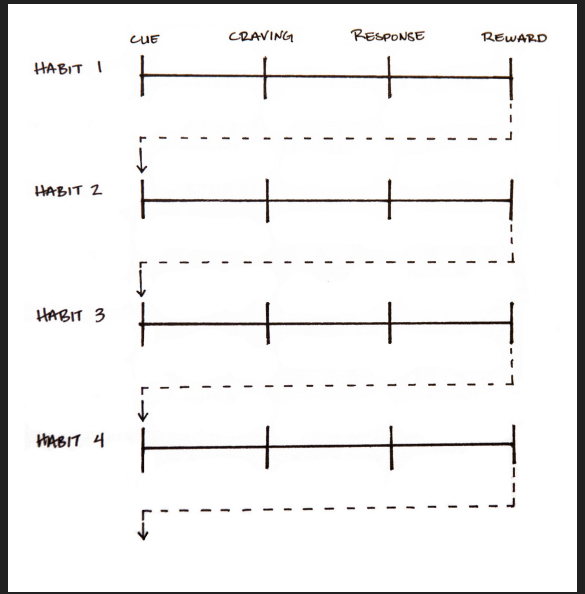
The Habit Loop





The Habit Loop - Make it Obvious

- 👉 I will [BEHAVIOR] at [TIME] in [LOCATION]
- 👉 After [CURRENT HABIT], I will [NEW HABIT]
- 👉 Etc



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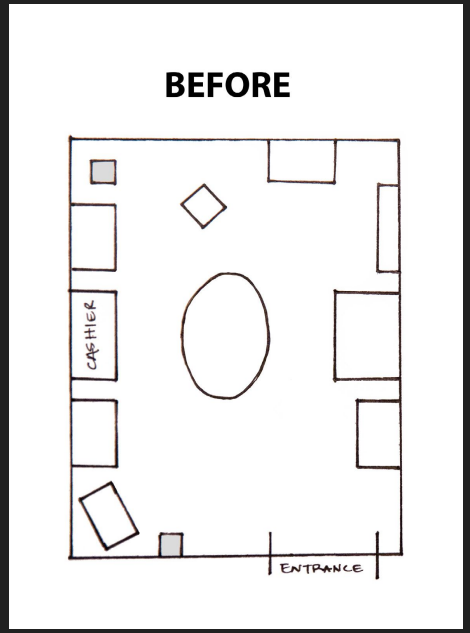
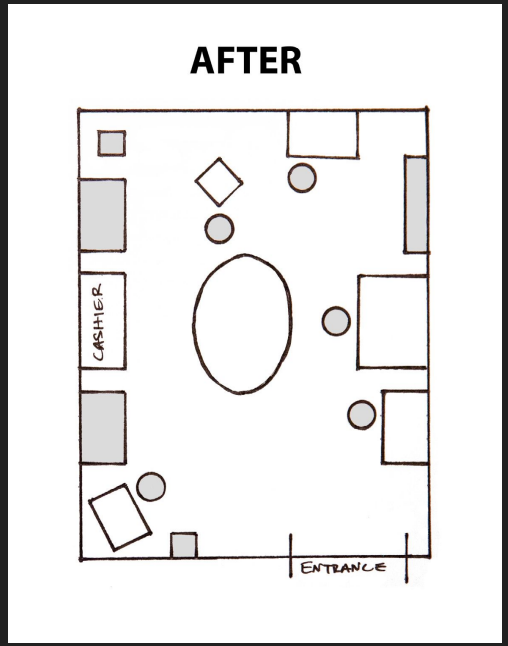


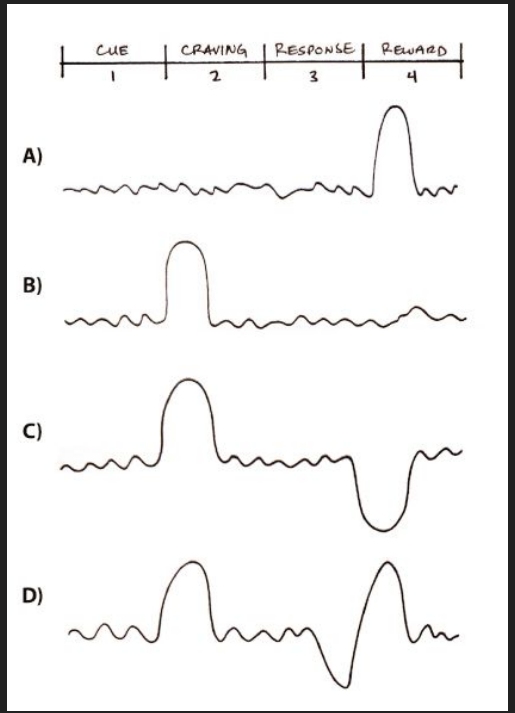


The Habit Loop - Make it Attractive

👉 Pair an action you want to do with an action you need to do

👉 Do something you enjoy immediately before a difficult habit

👉 Etc



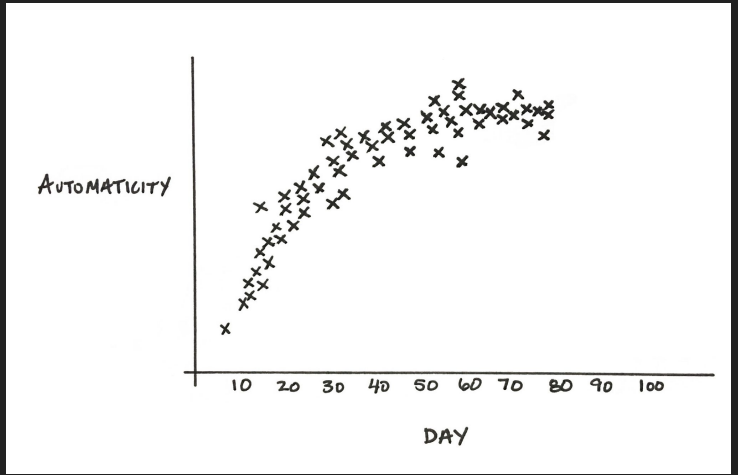
The Habit Loop - Make it Easy

👉 Decrease the number of steps between you and your good habits

👉 Prepare your environment to make future actions easier

👉 Two-minute rule

👉 Etc



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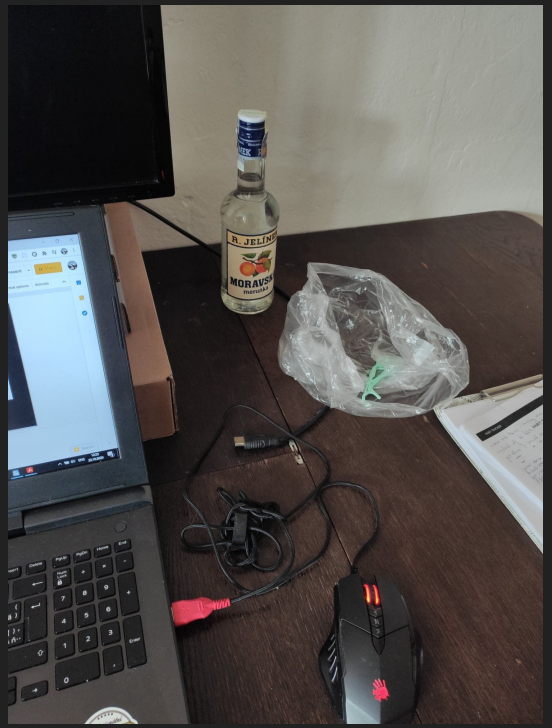
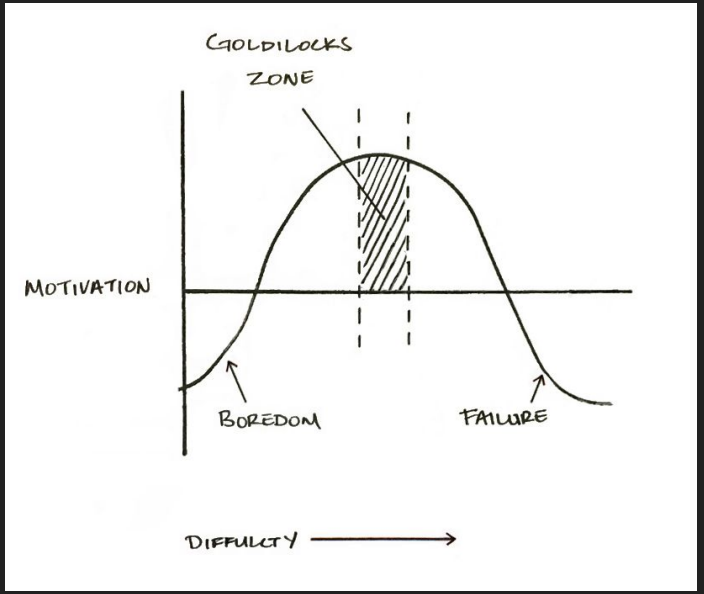


The Habit Loop - Make it Satisfying

👉 Give yourself an immediate reward when you complete your habit

👉 Never miss twice

👉 Etc



The Habit Loop - Overview

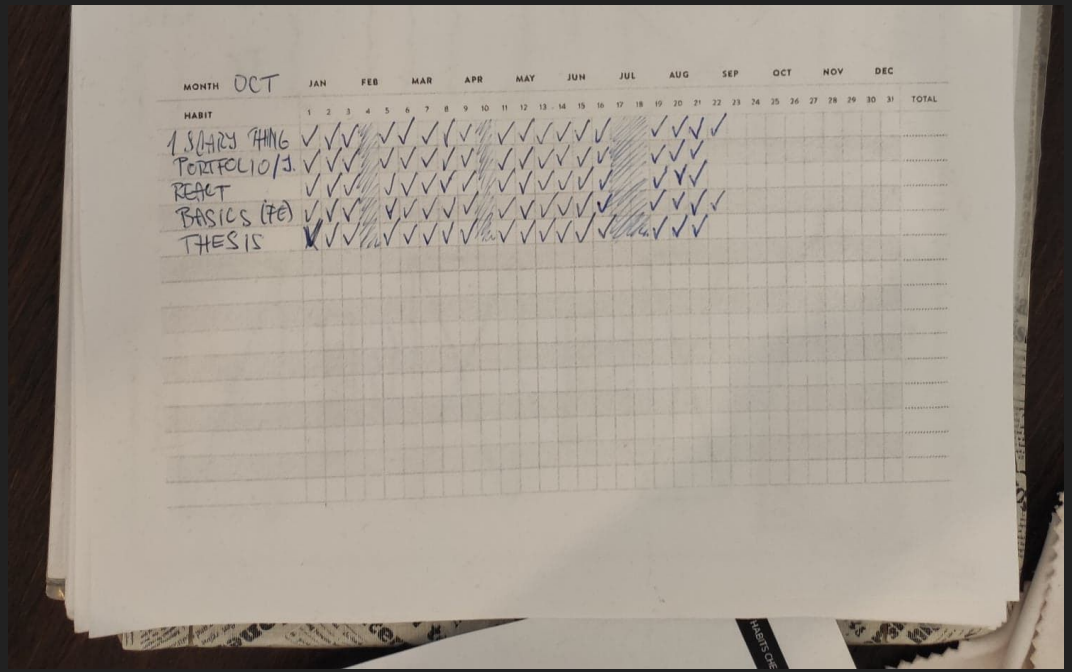
HOW TO CREATE A GOOD HABIT

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.

HOW TO BREAK A BAD HABIT

Inversion of the 1st Law	Make It Invisible
1.5	Reduce exposure. Remove the cues of your bad habits from your environment.
Inversion of the 2nd Law	**Make It Unattractive**
2.4	Reframe your mindset. Highlight the benefits of avoiding your bad habits.
Inversion of the 3rd Law	**Make It Difficult**
3.6	Increase friction. Increase the number of steps between you and your bad habits.
3.7	Use a commitment device. Restrict your future choices to the ones that benefit you.
Inversion of the 4th Law	**Make It Unsatisfying**
4.5	Get an accountability partner. Ask someone to watch your behavior.
4.6	Create a habit contract. Make the costs of your bad habits public and painful.

Habit Tracker



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Questions / Possible Discussion Points

❓ What one/two ideas did you find the most inspiring/relevant for you - is there anything you want to try to implement for your life

❓ Is there anything you have already been doing and it worked / did not work for you - do you have any (personal) examples

❓ Is there anything you did not understand from the talk and want to get back to

❓ Anything else :)

References

- https://jamesclear.com/
- https://jamesclear.com/atomic-habits/media