**Study Plan**

**📕 Atomic Habits – Core Summary**

**Main Idea**:

*Small changes every day (atomic habits) lead to massive results over time.*

**🔑 1. The Power of Tiny Habits (1% Rule)**

If you get 1% better every day, you’ll be **37x better** in a year.

**DSA Insight**:  
Don’t wait for 3-hour study blocks. Just 15–30 mins daily → huge results.

**🔄 2. 4 Laws of Behavior Change**

James Clear gives a formula to **build good habits** and **break bad ones**.

**✅ To Build a Good Habit:**

| **Step** | **Law** | **Example for DSA** |
| --- | --- | --- |
| 1 | **Make it Obvious** | Keep your IDE, notes, or Excel tracker open |
| 2 | **Make it Attractive** | Study with music, choose your fav topic first |
| 3 | **Make it Easy** | Just revise one problem, not the whole topic |
| 4 | **Make it Satisfy** | Mark ❌ in your tracker after finishing |

**❌ To Break a Bad Habit:**

| **Step** | **Law** | **Example** |
| --- | --- | --- |
| 1 | Make it Invisible | Uninstall distracting apps during study |
| 2 | Make it Unattractive | Remind yourself how guilt feels after wasting time |
| 3 | Make it Difficult | Keep phone in another room |
| 4 | Make it Unsatisfying | Tell a friend your goal — feel accountable |

**🧠 3. Focus on Identity, Not Outcome**

“I am a consistent DSA learner” → not “I want to crack placements”

💡 Build identity-based habits:

* Start with small wins daily
* Act like the person you want to become

**📈 4. The Plateau of Latent Potential**

Progress is **not linear**. Results are invisible for a while — like a seed growing underground.  
Stay consistent and the results will show up suddenly like a **breakthrough**.

**DSA Example**: You may struggle with recursion now — but 3 weeks later, it will click.

**🧰 5. Habit Stacking**

*“After I brush my teeth, I’ll revise 1 DSA question.”*

Stack your habit onto something you already do:

* After lunch → 15-min Array List practice
* After library → update Excel tracker

**✍️ Final Quotes You Should Remember**

* **“You do not rise to the level of your goals. You fall to the level of your systems.”**
* **“Every action you take is a vote for the type of person you wish to become.”**
* **“Success is the product of daily habits—not once-in-a-lifetime transformations.”**

**📌 Atomic Habits Takeaways for You (DSA Style)**

* Start with **1 problem a day**
* Build a visual tracker (✅ already done!)
* Stack your study routine into your **library hours**
* **Be the coder** who never breaks the chain