I read Atomic Habits by James Clear. This book was a very interesting read and really helped me look at my own life and habits, evaluate whether or not they were habits that would help me in my life, and it also gave plenty of steps and tricks to really solidify good habits into my life. The books outlines why certain habits exist in our lives, and also helps us understand how to change our own view of our habits to create newer better habits and stop repeating bad habits.

As stated in the book, an atomic habit is a regular practice or routine that isn’t just small or easy to do, but due to compounded growth becomes something very useful and powerful in the life of the person who has solidified it. These kinds of habits are deemed as good in the book, but we also talk about why bad habits exist as well. According the Clear, bad habits only repeat themselves because we don’t understand the way to change them. The purpose of this book is to show that by changing ourselves in small and seemingly unimportant ways will eventually compound into huge habits if you are willing to continue to follow them through the years. The most effective way to change your habits is to focus not on what you want to achieve but the kind of person you want to become. Keeping this in mind will help you slowly weed out the bad habits in your life, and help your small habits compound over time into something that will help your life immensely

Some of the most important things I learned in the book Atomic Habits include the fact that the biggest things we can do for ourselves are sometime so incredibly small we don’t notice them. Compounded habits can be incredibly powerful in shaping our daily life, and it all starts with a little consistent step every day. This could be a step in the right direction, or even a step in the wrong direction. The important note to keep in mind is how it compounds. This has made me look at my daily routine and really try and understand what habits I have that have been built up over years of consistency, and also which habits I want to have. Daily life no longer seems like it’s just another day, but it seems like it’s almost like I am building my life around each day. I feel like one thing I took away from this book is how important each day truly is to my life, and I have realized that sometimes it can be tempting just to float by day to day.

I would say that this book is a book that really will help you analyze and take advantage of every day in your life. There is nothing more potential building than an atomic habit, and from what I have learned from the book I truly think absolutely everyone could learn from Clear’s book. There were so many fascinating concepts in it that really can help anyone change how they view habits, and help them develop a healthy and efficient system for new atomic habits. There were in-depth understandings on how habits work, the best way to build new habits, and how to weed out bad habits. It really is such an interesting take on the smallest units of life, and how those little changes can become giant influences to us.

After having read Atomic Habits, I have a few ideas on how I can better my daily life even further. There were so many different ideas and techniques in the book that I really have enjoyed trying, and I have even seen results in some parts of my life. I have a list of atomic habits that I currently have, a list of which ones I will want, and a list of habits that I want to slowly wean off of. It was fascinating to me that there were so many little things that I can do to become a more effective person and live a more fulfilled life, so yes I will be changing my daily lifestyle with the help of this book to develop better more concrete habits.