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Tiny Changes remarkable changes

1% improvement rule

If you get better by 1% every day for a year, you are 37 times better than a year before.

Forgot about setting goals focus on your systems instead.

Goals are about the results you want to achieve. Systems are about the processes that lead to those results.

If You're having trouble changing your habits, the problem isn't you. The problem is your System. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change.

You do not rise to the level of your goals. You fall to the level of your systems.

Atomic Habits presents a proven system for building good habits and breaking bad ones.

How to build better habits in simple steps

This section of the Atomic Habits summary presents key points from the actionable strategies in the book, organized around a framework called the four laws of behavior change.

The process of building a habit can be divided into four simple steps: cue, craving, response, reward.

Breaking it down into these fundamental parts can help us understand what a habit is, how it works, and how to improve it.

How to create a good habit:

1. The 1st law(cue) : make it obvious.
2. The 2nd law(craving) : Make it attractive.
3. The 3rd law(response) : Make it easy,

Title : Atomic Habit

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fundamental, 2, 4, 5, 6, 7

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organized, 2, 4, 5, 6, 7



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