

Atomic Habits

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The Surprising Power of Atomic Habits

- Change of fate of British Cyclists at 2003 : Dave Brailsford as new coach
- Not winning Tour de France for last 110 years
- The aggregation of Marginal Gain : philosophy of searching for a tiny margin of improvement in everything you do
 - If you broke down everything you could think of that goes into riding a bike, and then improve it by 1 percent, you will get a significant increase when you put them all together

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- small adjustments:

- Redesigned the bike seats to make them more comfortable
 - Rubbed alcohol on the tires for a better grip
 - Electrically heated overshots to maintain ideal muscle temperature while riding
 - Biofeedback sensors to monitor how each athlete responded to a particular workout
 - tested various fabrics in a wind tunnel and had their outdoor riders switch to indoor racing suits (lighter and aerodynamic)
 - Painted the inside of the team truck white, which helped them spot little bits of dust that would normally slip by unnoticed but could degrade the performance of the finely tuned bikes.
- British Cycling team **dominated the road and track cycling** events after 5 years
 - Five Tour de France victories in six years

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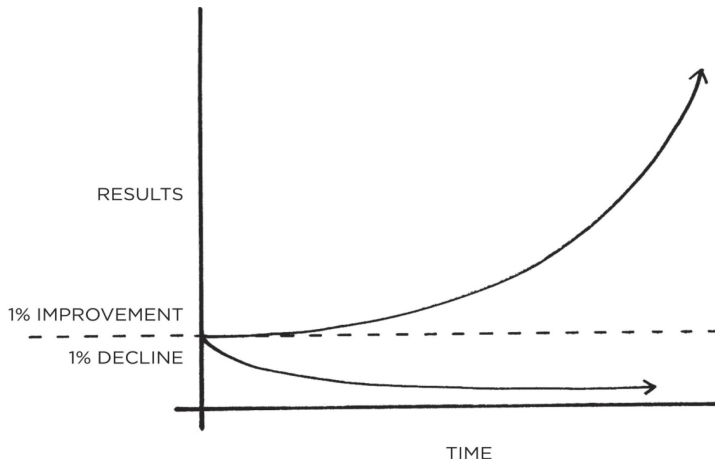
WHY SMALL HABITS MAKE A BIG DIFFERENCE

- Easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis
- Already convinced ourselves that massive success requires massive action
- We put **pressure** on ourselves to **make some earth-shattering improvement** that everyone will talk about for achieving any goal
- **Improving by 1 percent** can be far **more meaningful**, especially in the long run.

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1% BETTER EVERY DAY

- 1% worse every day for one year. $0.99365 = 00.03$
- 1% better every day for one year. $1.01365 = 37.78$



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- Habits are the compound interest of selfimprovement
- Above is a difficult concept to appreciate in daily life since small changes are being dismissed because they seemingly doesn't matter very much in the moment
 - Saving a little money now, doesn't make you a millionaire
 - Studying Mandarin for an hour tonight doesn't make you Mandarin expert
- Unfortunately, the slow pace of transformation also makes it easy to let a bad habit slide
 - eat an unhealthy meal today : the scale doesn't move much
 - work late tonight and ignore your family : they will forgive you
 - procrastinate and put your project off until tomorrow : there will usually be time to finish it later
- A single decision is easy to dismiss.

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- when we repeat 1 percent errors, day after day
 - by replicating poor decisions
 - duplicating tiny mistakes
 - rationalizing little excuses

our small choices compound into toxic results

- Impact created by a change in your habits is similar to the effect of shifting the route of an airplane by just a few degrees
- a slight change in your daily habits can guide your life to a very different destination

“Success is the product of daily habits—not once-in-a-lifetime transformations”

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