**Atomic Habits**

1. Habits are the compound interest of self-improvement.
2. Every action you take is a vote for the person you wish to become.
3. Too often we convince ourselves that massive results require massive action.
4. Your habits shape your identity, and your identity shapes your habits.
5. Success is the product of daily habits, not once-in-a-lifetime transformation.
6. Changes that seem small and unimportant at first will compound and turn into remarkable results if you’re willing to stick with them for years.
7. If you can get 1% better each day for one year, you’ll end up 37 times better by the time you’re done.
8. Time magnifies the margin between success and failure. It will multiply whatever you feed it.
9. Goals are good for setting a direction but systems are best for making progress.
10. Ultimately, it’s your commitment to the process that will determine your progress.