

# ATOMIC HABITS

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# The Habits Scorecard

[illegible]

### **1. Make a list of your daily habits**

List all things you do on a daily basis and without thinking such as waking up, brushing your teeth, checking your phone, taking a shower, drinking coffee, etc.

### **2. Look at each behavior and ask yourself if it is a good, bad or neutral habit.**

- If it is a good habit (i.e. it will benefit you in the long run), write "+" next to it.
- If it is a bad habit (i.e. it will have a negative outcome in the long run), write "-" next to it.
- If it is a neutral habit, write "=" next to it.

### **3. Be aware of your habits**

There is no need to change anything at first. The goal is to simply notice what is actually going on. Observe your thoughts and actions without judgment or internal criticism.

The idea is to get you to recognize your habits and acknowledge the cues that trigger them. This will make it easier to discover which habits you should change and respond in a way that benefits you.