Top 50 Habits from 'Atomic Habits' by James Clear

1. Start with small habits.

2. Make your habits obvious.

3. Stack your habits.

4. Design your environment for success.

5. Track your habits daily.

6. Use the two-minute rule.

7. Make good habits attractive.

8. Reward yourself for small wins.

9. Make bad habits difficult.

10. Use visual cues as reminders.

11. Focus on identity change, not outcomes.

12. Build habits that match your values.

13. Join a culture where your desired behavior is normal.

14. Use habit contracts.

15. Reduce friction to make good habits easier.

16. Increase friction to stop bad habits.

17. Plan for failure and recover quickly.

18. Use temptation bundling.

19. Make habits satisfying.

20. Visualize your goals regularly.

21. Commit to consistency, not perfection.

22. Start new habits in the morning.

23. Track your progress visibly.

24. Use specific implementation intentions.

25. Surround yourself with people who support your habits.

26. Reinforce your desired identity with habits.

27. Use environment design over motivation.

28. Reduce the number of decisions you make.

29. Standardize before you optimize.

30. Use a habit scorecard.

31. Reflect on your habits weekly.

32. Be patient with progress.

33. Use the Seinfeld strategy (don't break the chain).

34. Celebrate small victories.

35. Use anchors to remember habits.

36. Habit stack after existing routines.

37. Don't aim for motivation, aim for discipline.

38. Remove triggers for bad habits.

39. Use positive language for self-talk.

40. Replace bad habits with good ones.

41. Design friction into bad habits.

42. Use time blocking to support habits.

43. Change your environment when needed.

44. Be flexible but committed.

45. Avoid all-or-nothing thinking.

46. Set up systems, not just goals.

47. Understand the Habit Loop (cue, craving, response, reward).

48. Build keystone habits first.

49. Focus on trajectory, not results.

50. Be deliberate with your choices.