

The 3rd Law: Make it easy. Inversion: Make it hard.

Two-Minute Rule (3rd Law)

Atomic Habits: “The **Two-Minute Rule** states, “When you start a new habit, it should take less than two minutes to do.” **Shape your habits. Then scale them up.**

Habit ➤				
<i>Phase 1 (very easy)</i>				
<i>Phase 2 (easy)</i>				
<i>Phase 3 (moderate)</i>				
<i>Phase 4 (hard)</i>				
<i>Phase 5 (very hard)</i>				

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<i>Phase 1 (very easy)</i>				
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<i>Phase 5 (very hard)</i>				

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Examples from *Atomic Habits*

Habit ➤	Run to stay fit	Become a writer	Study and educate yourself	Become an early riser
<i>Phase 1</i> (very easy)	Put on your running shoes	Write one sentence	Open your notes	Be home by 10 p.m. every night
<i>Phase 2</i> (easy)	Walk 10 minutes	Write one paragraph	Study for ten minutes	Have all devices (TV, phone, etc.) off by 10pm every night
<i>Phase 3</i> (moderate)	Walk ten thousand steps	Write one thousand words	Study for three hours	Be in bed by 10pm every night (reading a book, talking with your partner)
<i>Phase 4</i> (hard)	Run a 5K	Write a five-thousand-word article	Get straight A's	Lights off by 10pm every night
<i>Phase 5</i> (very hard)	Run a marathon	Write a book	Earn a PhD	Wake up at 6am every day

Habit ➤	Become vegan	Start to exercise
<i>Phase 1</i> (very easy)	Start eating vegetables at every meal	Change into workout clothes
<i>Phase 2</i> (easy)	Stop eating animals with four legs (cow, pig, lamb, etc.)	Step out the door (try taking a walk)
<i>Phase 3</i> (moderate)	Stop eating animals with two legs (chicken, turkey, etc)	Drive to the gym, exercise for 5 minutes, then leave.
<i>Phase 4</i> (hard)	Stop eating animals with no legs (fish, clams, scallops, etc.)	Exercise for 15 minutes at least once per week
<i>Phase 5</i> (very hard)	Stop eating all animal products (eggs, milk, cheese)	Exercise 3 times per week.