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

Make Your Commitment Devices (3rd Law)

Atomic Habits: "A commitment device is a choice you make in the present that controls your actions in the future. It is a way to lock in future behavior, bind you to good habits, and restrict you from bad ones. ... The best way to break a new habit is to make it impractical to do. increase the friction until you don't even have the option to act." (And try to automate your good habits.)

Atomic Habits: ONE TIME ACTIONS THAT LOCK IN GOOD HABITS

Happiness:

General Health:

Get a dog.

Get vaccinated.

Move to a friendly, social neighborhood.

Buy a supportive chair or a standing desk.

Buy good shoes to avoid back pain.

Nutrition:

Sleep:

Buy a water filter to clean your drinking water.

User smaller plates to reduce caloric intake.

Remove your TV from your bedroom.

Buy a good mattress.

Get blackout curtains.

Productivity: Finance: Unsubscribe from emails. Enroll in an automatic savings plan. Turn off notifications and mute group chats. Set up automatic bill pay. Set your phone to silent Cut cable service. Use email filters to clear up your inbox. Ask service providers to lower your bills. Delete games and social media apps on your phone. Now, it's time to make your own commitment devices. Habit to cultivate **Commitment device(s)** (you can make more than 1)