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# VISUAL SUMMARY OF ATOMIC HABITS

by

JAMES CLEAR

# A Small Change in Direction Adds Up

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In the beginning, the difference looks small.

By the end, the difference is huge.

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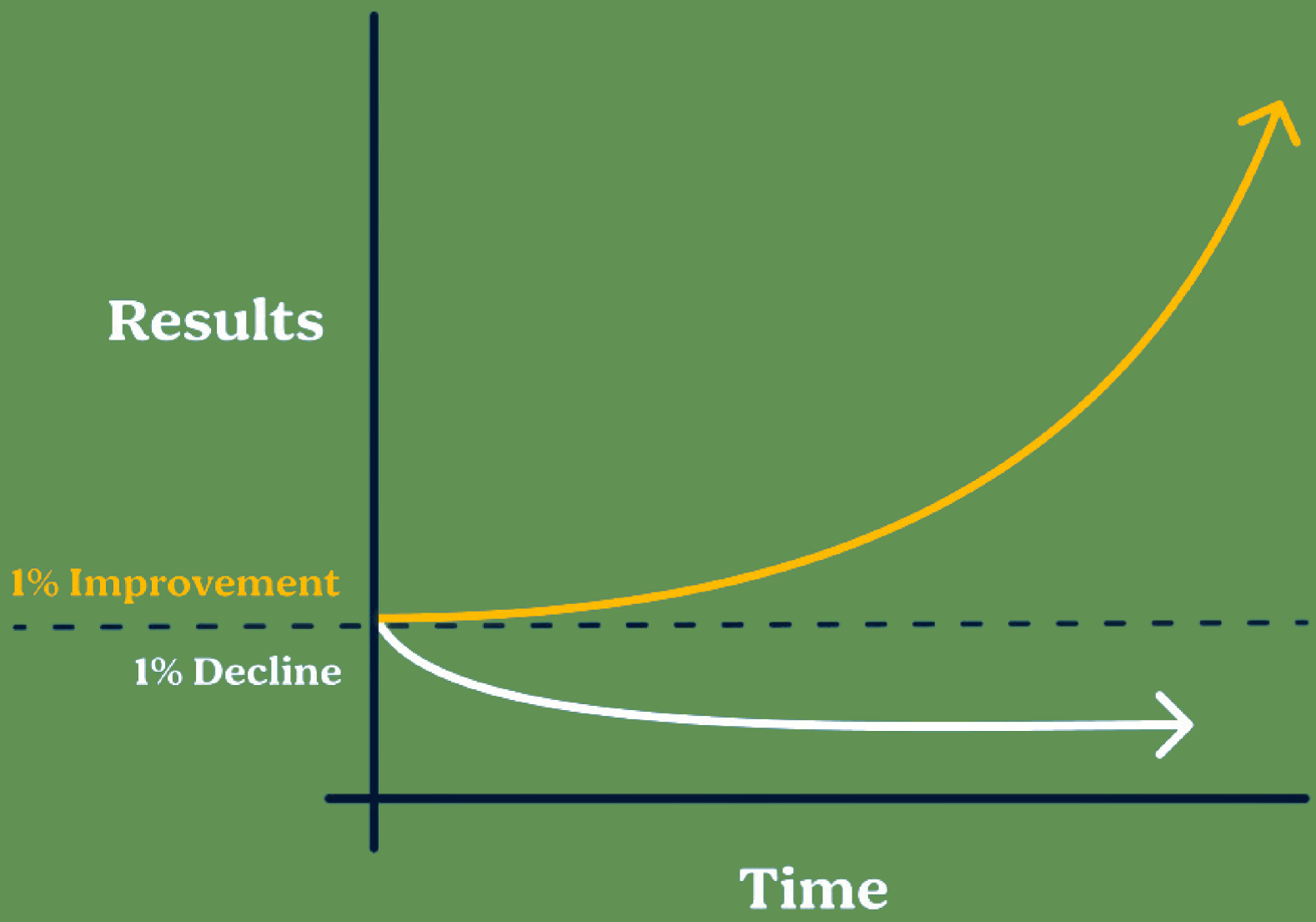
# 1% Better Every Day




1% better every day for one year.

$1.01^{365} = 37.78$

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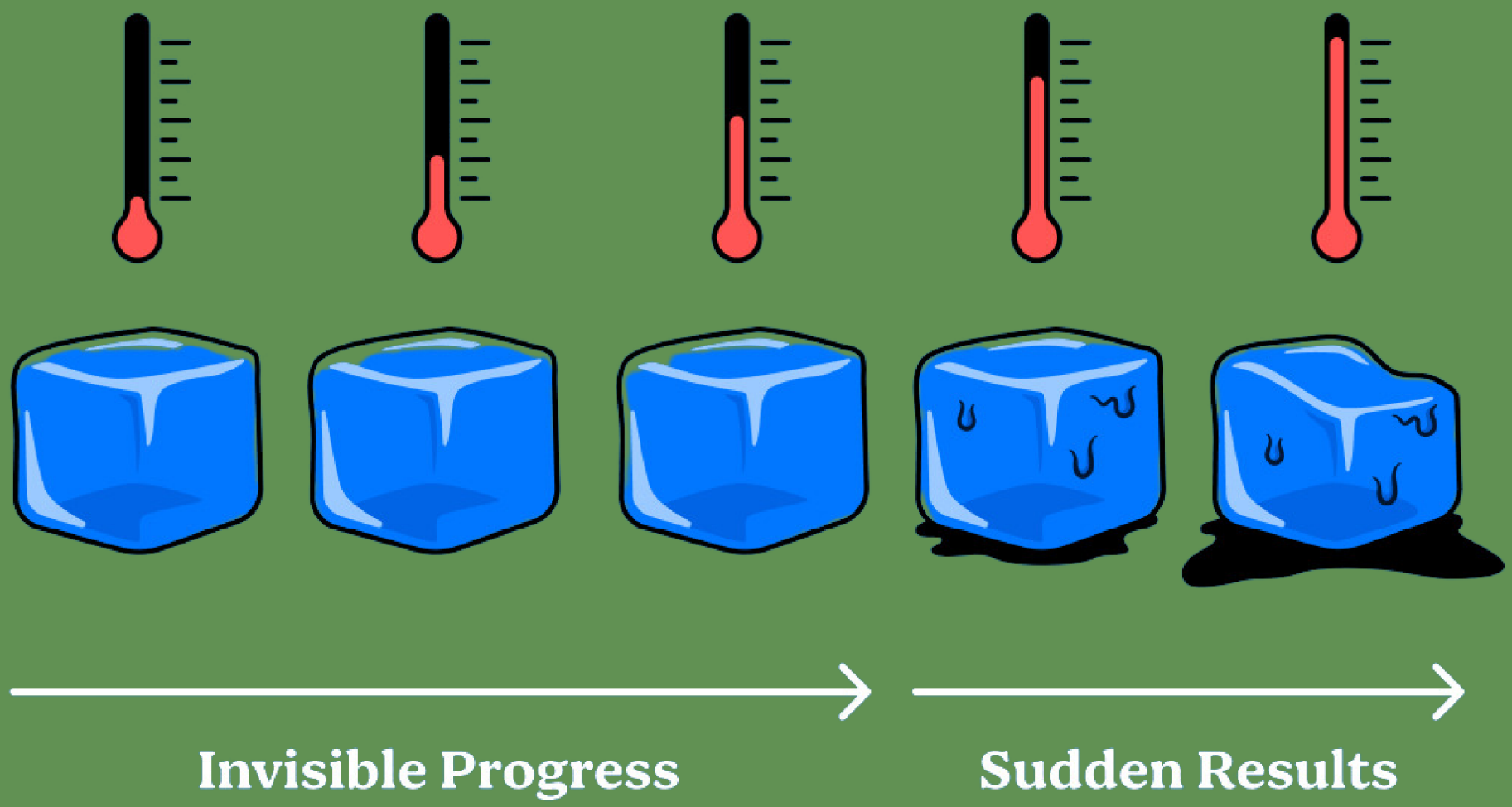
# Early Progress Is Invisible



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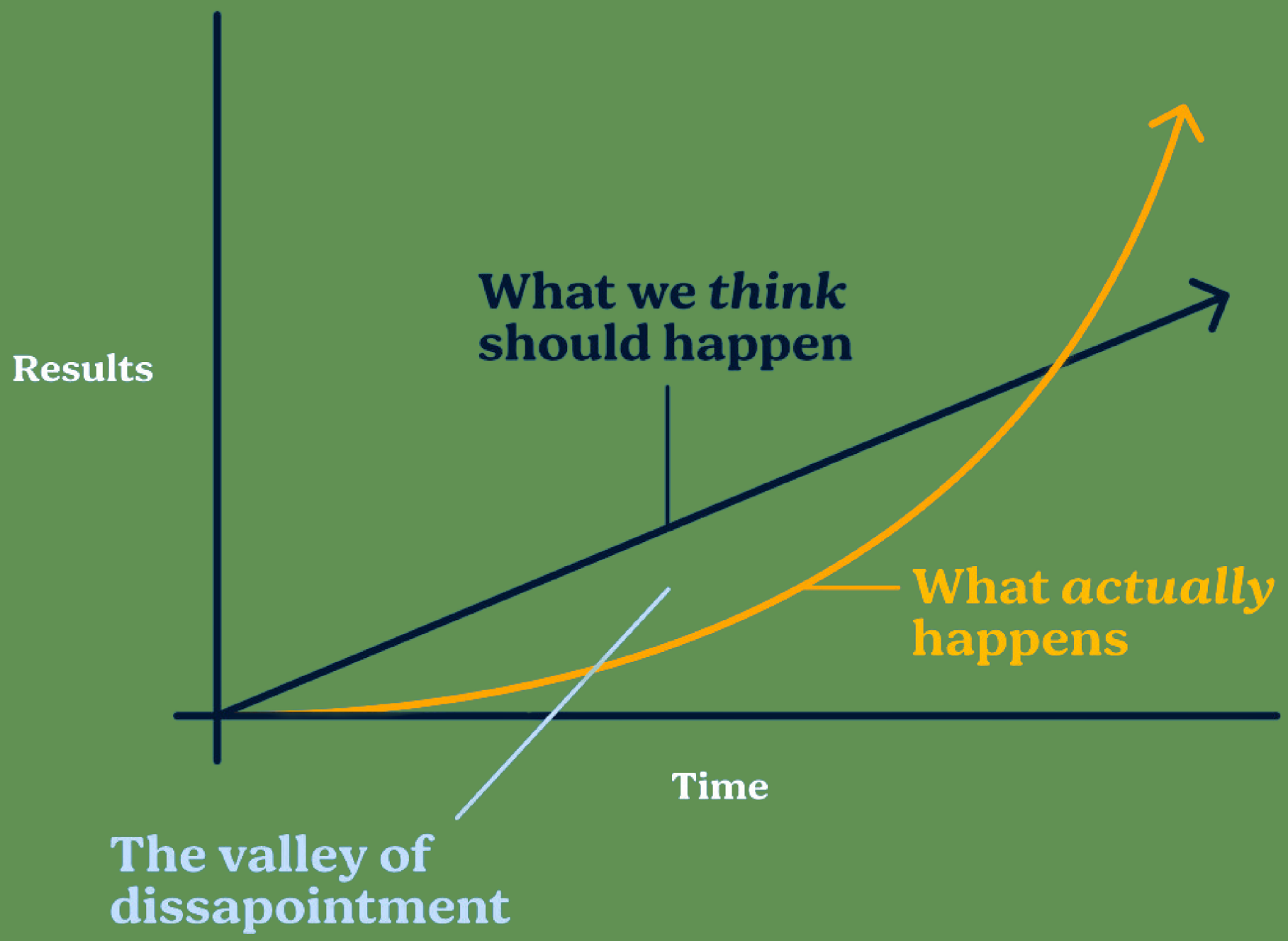
# The Plateau of Latent Potential



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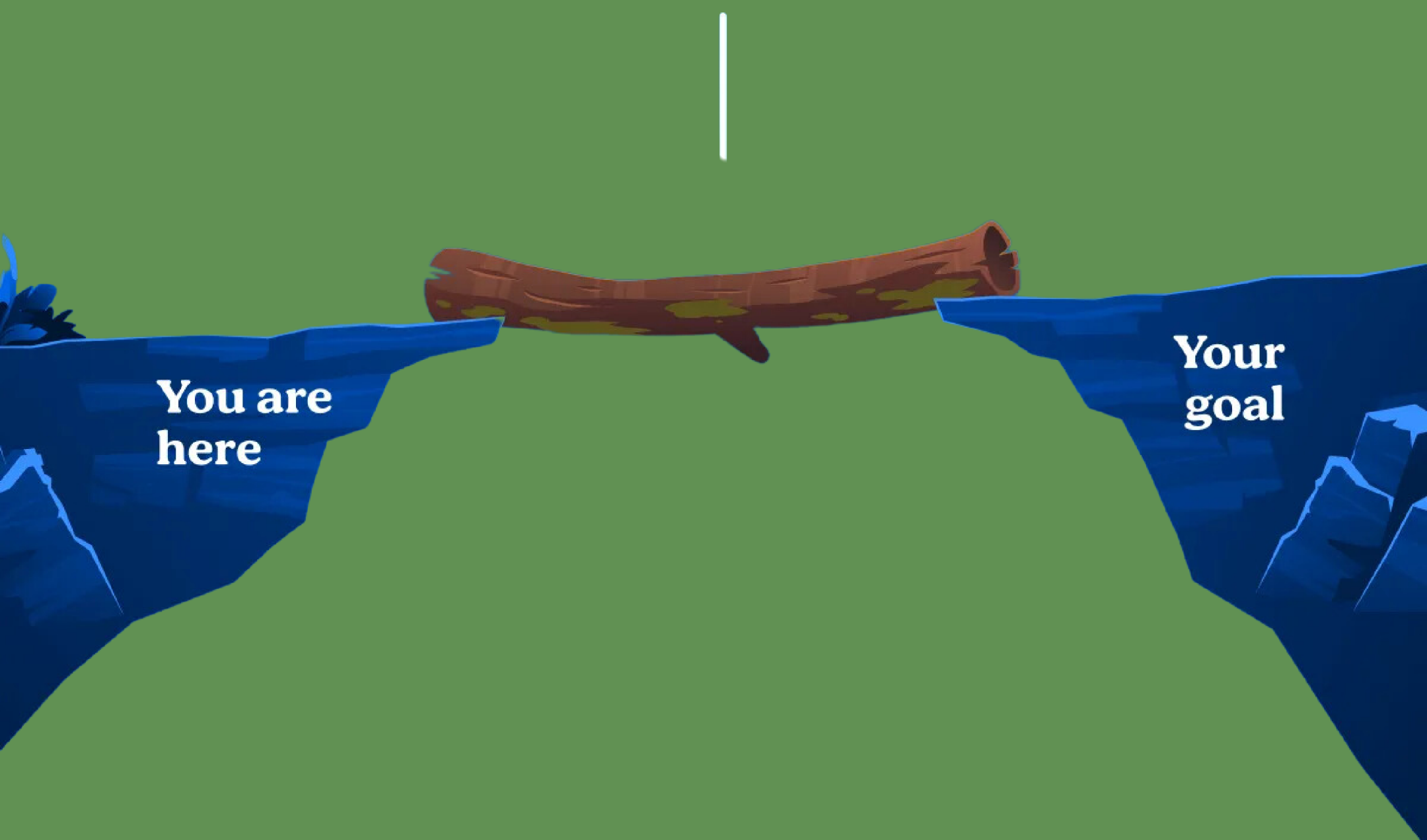
# Forget goals.
# Focus on systems.



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# The Problem With Goals

## Winners & losers have the same goals

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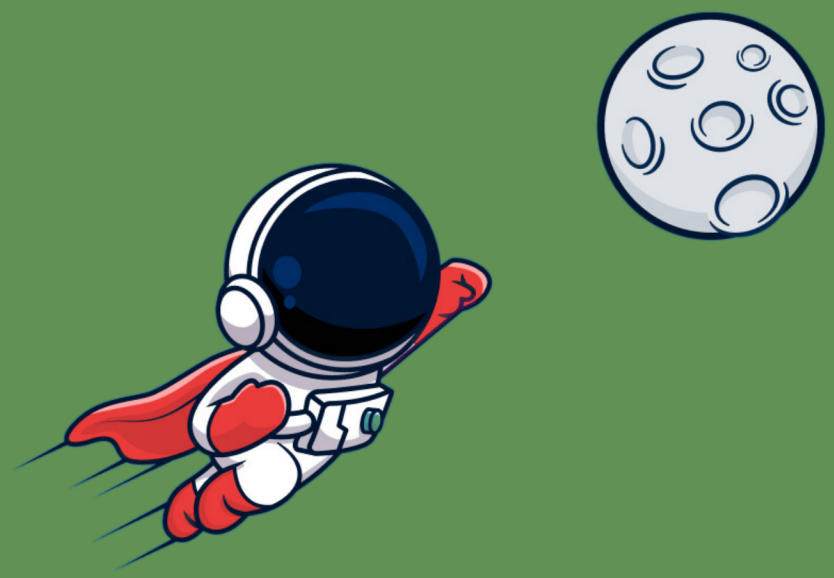
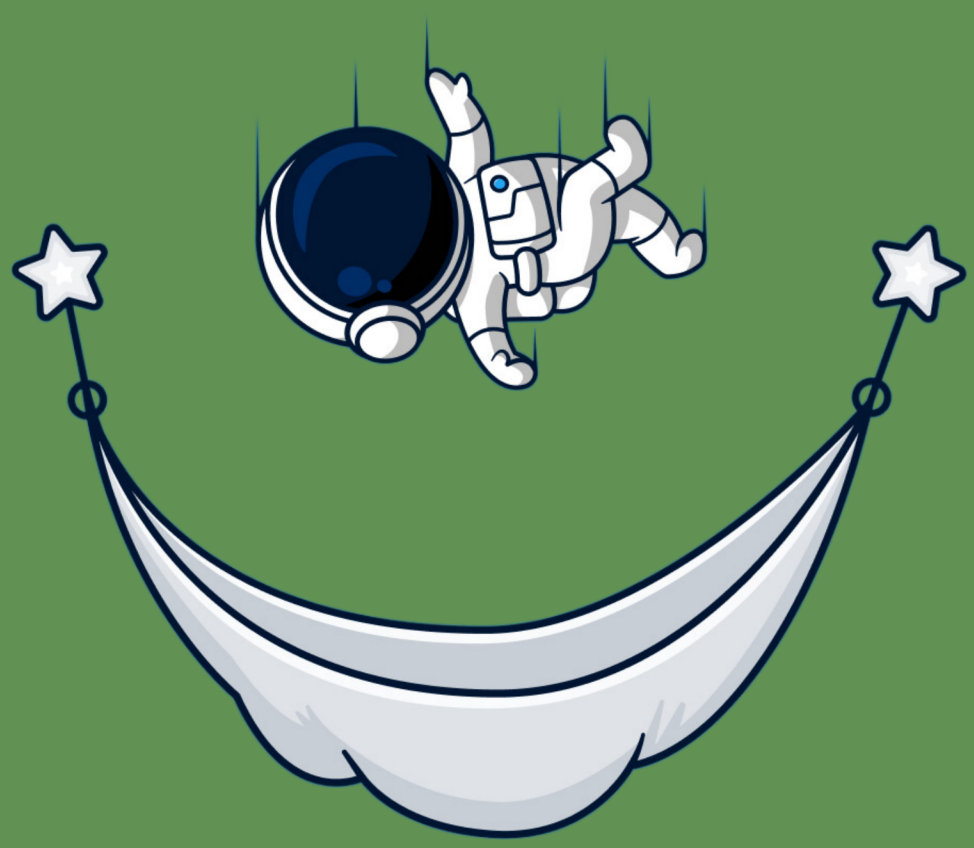
You don't rise to the level of your goals.



You fall to the level of your systems.



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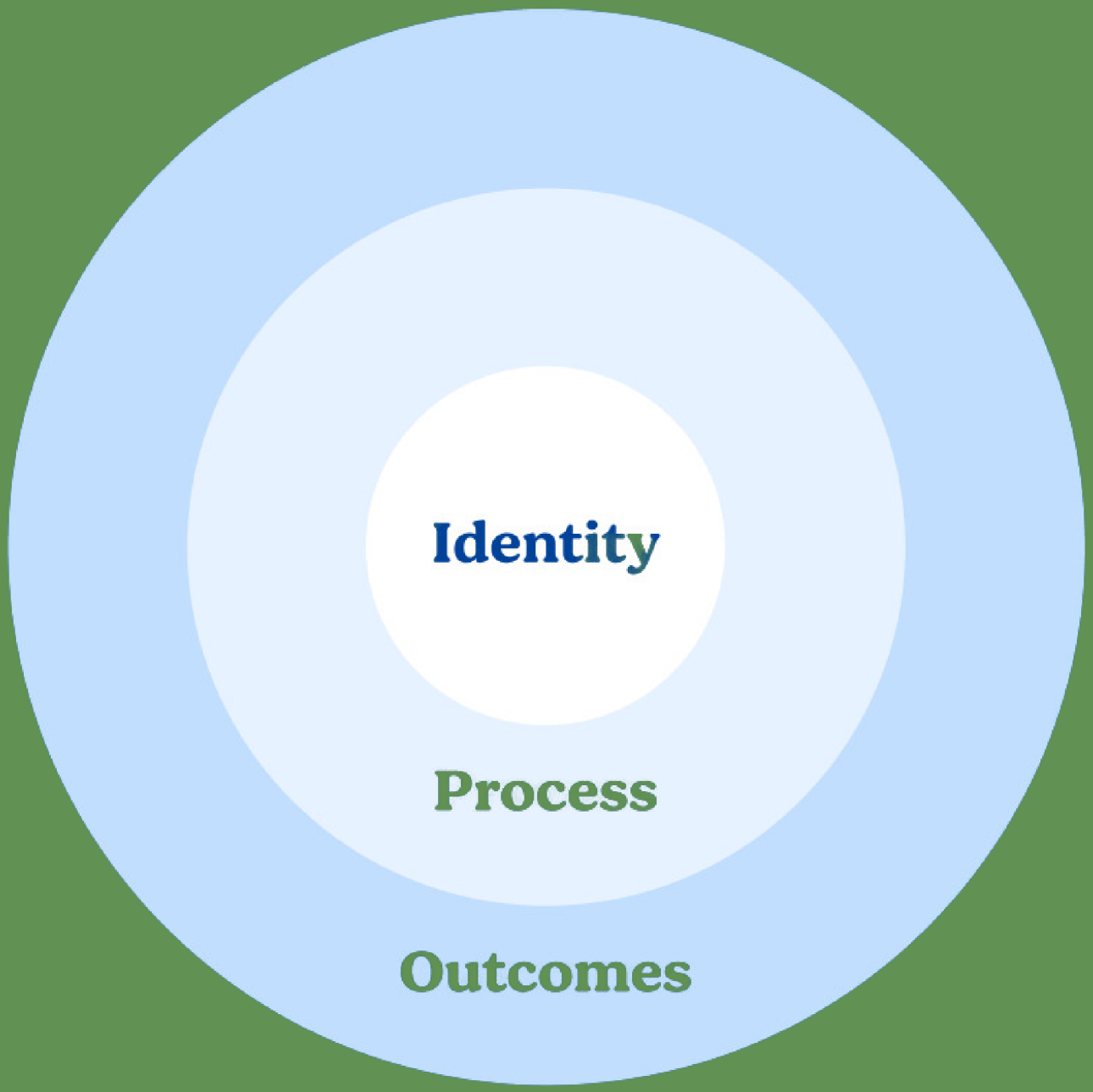
# The three layers of behavior change



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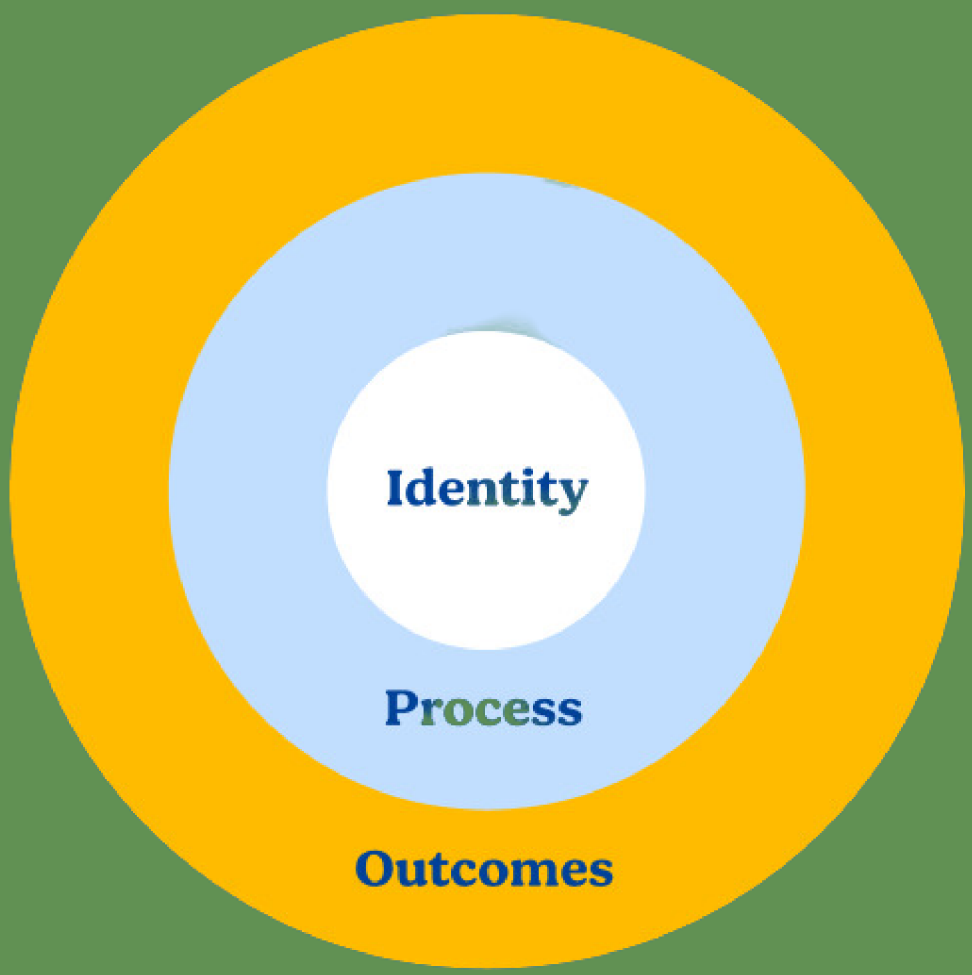
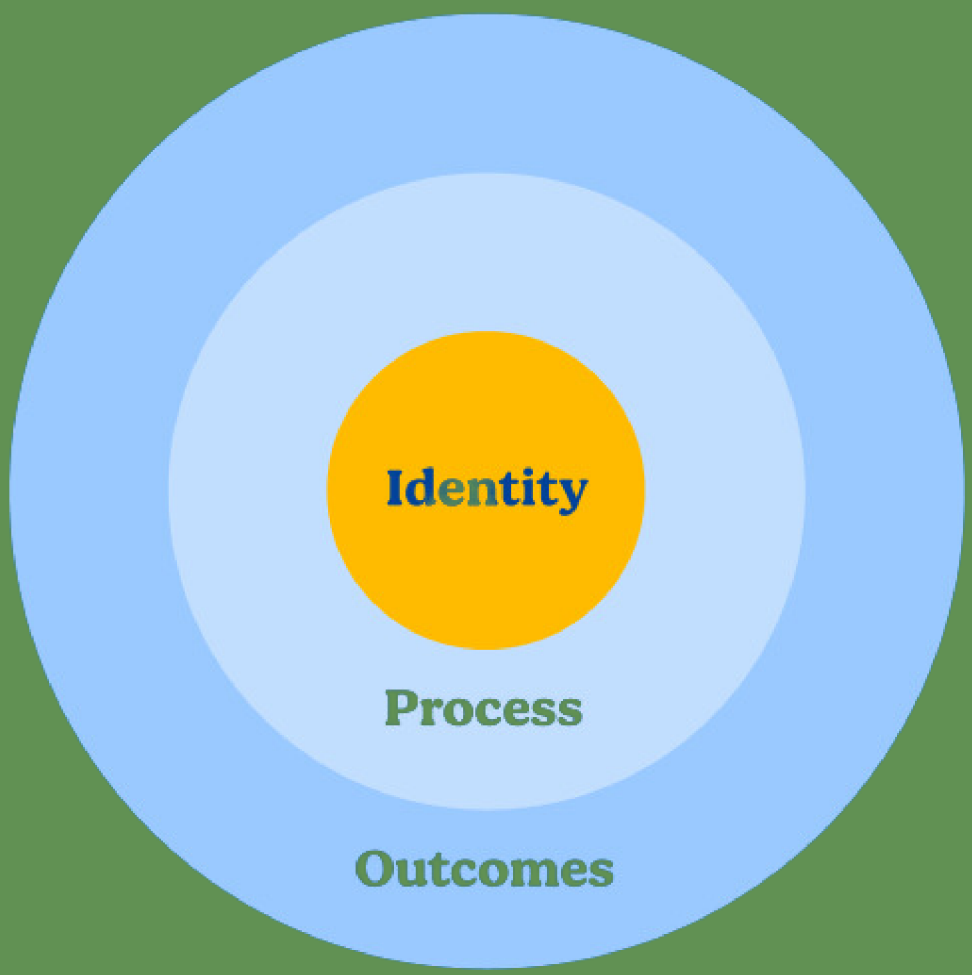
# Focus on Changing Your Identity




Don't start with *what*




Start with *who*

# Your Beliefs Are Holding You Back

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I'm just a lazy person.

I have no self-discipline.

I'm not a musician.

I'm not good enough.

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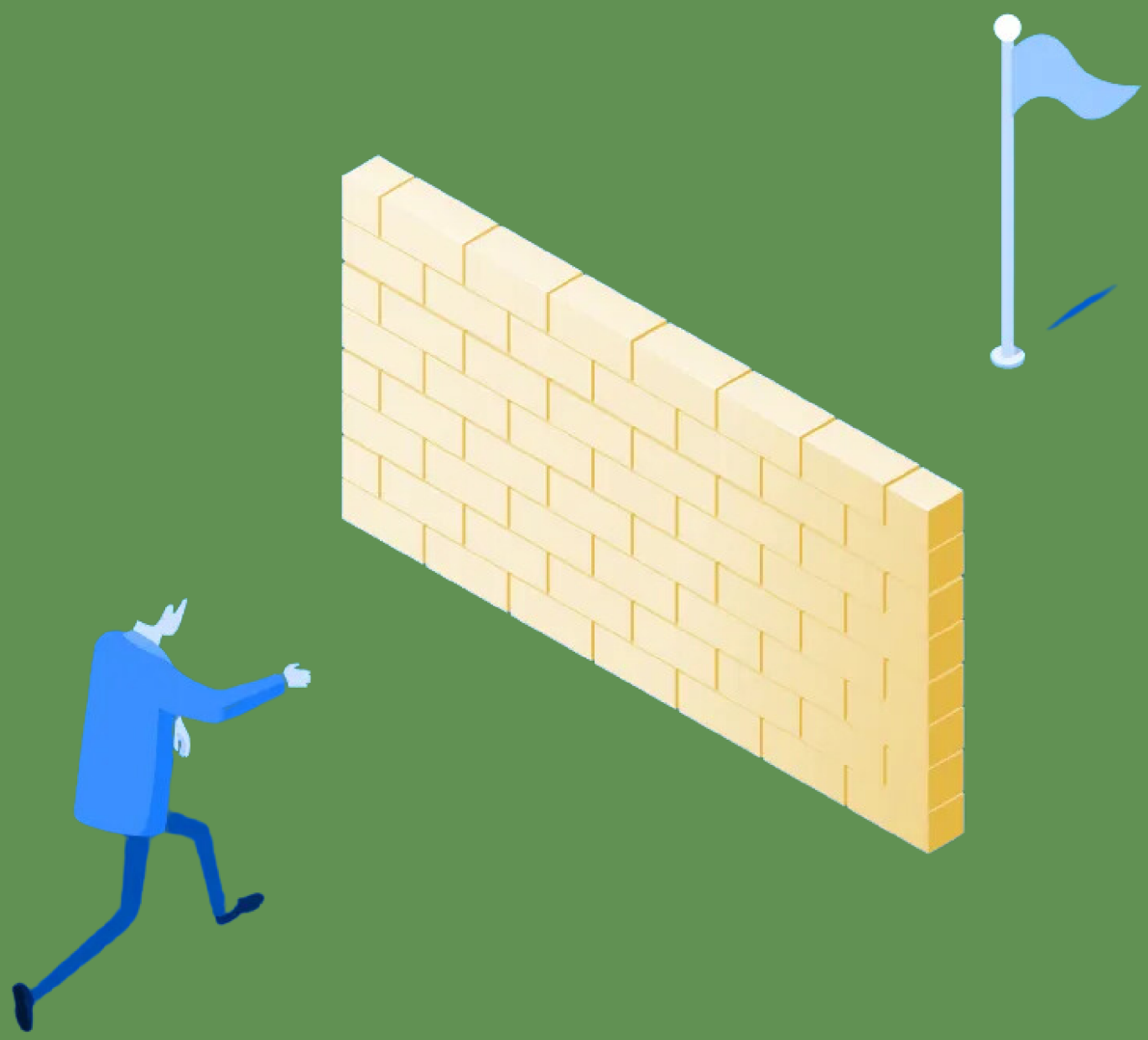
# Your Identity Is a Barrier



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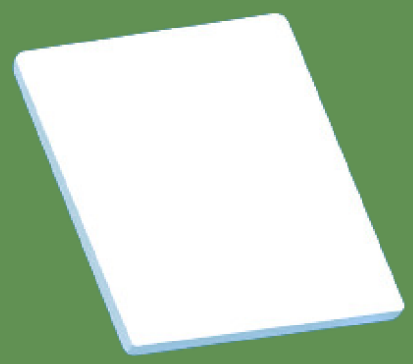
# *Who* Do You Want to Be?

## Every habit is a vote



20 minutes
of exercise

I'm a
healthy
person

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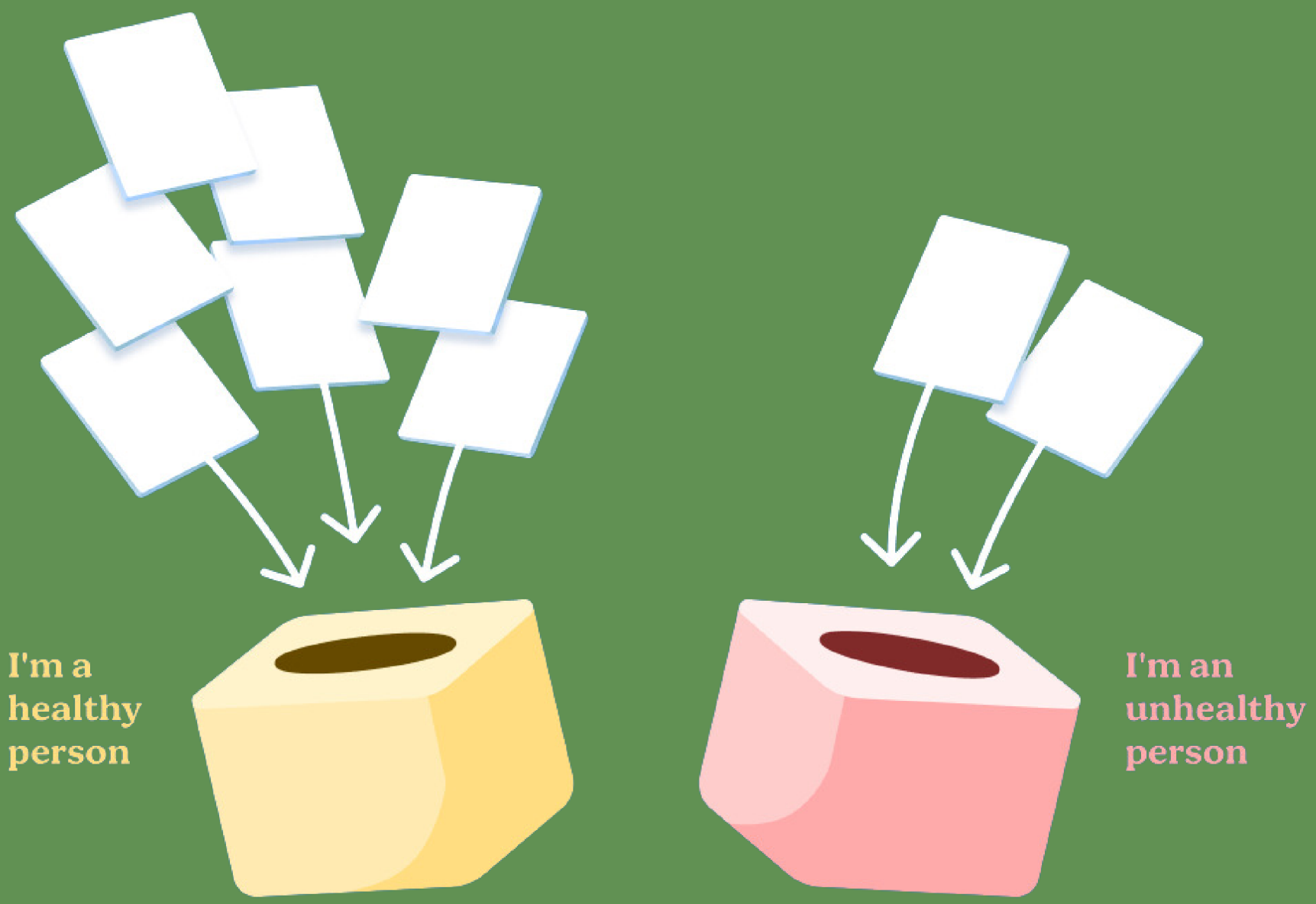
# You don't have to be perfect

## You just need a majority of the votes



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# Thanks

## Do you have any questions?

Utkarsh Jaiswal

SHARE YOUR THOUGHTS

SAVE FOR LATER

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