

WEEK => 5

Atomic Habits

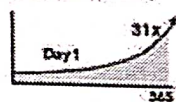
James Clear

What Are 'Atomic' Habits?
Small routines that compound into significant results



The Power of 1% Improvement

Focus on a small increase each day



Environment Design

Adjust environment to make good habits easier



The Plateau of Latent Potential

Habits require patience



Tiny Changes, Remarkable Results

Small routines

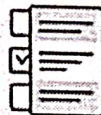
Atomic Habits

TINY CHANGES, REMARKABLE RESULTS

JAMES CLEAR

Habit Stacking

Pair a new habit with a current one



Identity Change

Build a new identity to facilitate lasting habits

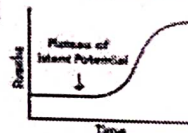
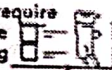


The 4 Laws of Behavior Change

- 1 Make it Obvious
- 2 Make it Attractive
- 3 Make it Easy
- 4 Make it Satisfying

The Plateau of Latent Potential

Habits require patience often lag



The 2-Minute Rule

Start new habits with an activity that takes less than 2 minutes



Identity Change

Build a new identity to facilitate lasting 'OK'



THE TREE OF ADDICTIONS

INTRO

Imagine every addiction as a branch on the tree of life. Just like trees have roots, addictions have roots too. When these roots find fertile soil to grow, all kinds of dependencies start popping up.

BRANCHES

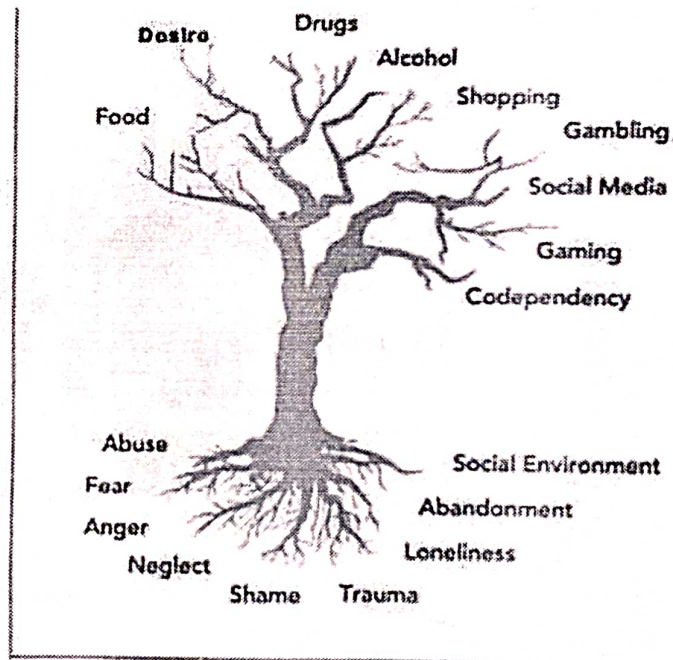
Addictions come in numerous forms — behaviors, events, experiences, people, and substances — shaped by individual temperament and cultural influences.

ROOTS

The same addiction may have different roots or combinations of roots for different people.

SOIL

Any form of abuse creates a fertile environment for the roots of addiction to flourish and give rise to various dependencies.



SUMMARY

Trimming the branches of a tree won't address the issue; the tree will sprout new branches. The solution is working on the roots and the soil.