

Atomic Habits Reimagined

An India-Centric Practical Guide

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Chapter 1: Foundations of Habit Building

In India, habits often intersect with family, community, and culture. Understanding the science of habit formation through Indian examples makes it more relatable.

Chapter 2: The 4 Laws of Habit Change

Atomic Habits teaches Cue, Craving, Response, and Reward. Here we adapt it with Indian daily life practices.

Chapter 3: Habit Stacking with Indian Routines

Examples: After morning chai, spend 5 minutes journaling. After your evening walk, review daily expenses.

Chapter 4: Breaking Bad Habits

Indian context: Replacing scrolling reels late at night with calming devotional music or short guided meditation.

Chapter 5: Trackers & Templates

Ready-to-use monthly habit tracker, weekly planner, and accountability partner template.