Atomic Habits

My own version of Atomic Habits summary/notes

Habit-loop

1% Rule

Getting 1% better everyday compounds self improvement
1% better everyday for 365 days = 1.01 ^ 365 = 37.78
1% worse everyday for 365 days = 0.99 ^ 365 = 0.03

Goldilocks Rule

Humans experience peak motivation when working on tasks that are right on the edge of their current abilities.

Identity based Change

Forget setting goals, focus of setting system

Trigger *Make it Obvious and Attractive*	Action *Make it Easy*	Reward *Make it Satisfying*
• Fill out the Habits Scorecard. • Write down your current habits to become aware of them.	• Prime the environment and reduce friction	• Give yourself an immediate reward when you complete your habit.
• Use implementation intentions: *"I will [BEHAVIOR] at [TIME] in [LOCATION]."* • Use habit stacking *"After [CURRENT HABIT], I will [NEW HABIT]."*	• Master the decisive moment. Optimize the small choices that deliver outsized impact.	• Use a habit tracker. Don't break the chain/Never miss twice.
• Use temptation bundling. *"After I [CURRENT HABIT], I will [HABIT I NEED]* *After I [HABIT I NEED] I will [HABIT I WANT]"*	• Use the Two-Minute Rule. Downscale habits to be done in 2 minutes or less.	• Create a habit contract. Make the costs of your bad habits public and painful.
• Design your environment. Make the cues of good habits obvious and visible.	• One time purchase/action to lock future habit	• Get an accountability partner to watch your behavior.
• Join a culture where your desired behavior is the normal behavior.		
• Create a motivation ritual. Do something you enjoy immediately before a difficult habit.		