



Atomic Habits

An Easy & Proven Way to Build
Good Habits & Break Bad Ones

by James Clear

306 PAGES, 5 HOURS AND 35 MINUTES

No matter your goals, *Atomic Habits* offers a proven framework for improving – every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits....

This reading guide was provided by

Campfire

Introduction

My Story

The Surprising Power of Atomic Habits

"Maybe there are people who can achieve incredible success overnight. I don't know any of them, and I'm certainly not one of them . . . it was a gradual evolution, a long series of small wins and tiny breakthroughs."

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DISCUSSION PROMPT

Describe a time when you made a series of small decisions that led to something great.

"The difference a tiny improvement can make over time is astounding."

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DISCUSSION PROMPT

What's a tiny improvement you could make today?

"If you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done."

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DISCUSSION PROMPT

What is something your team should get 1 percent better at each day?

"What matters is whether your habits are putting you on the path towards success."

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DISCUSSION PROMPT

How would you describe your team's trajectory right now?

How Your Habits Shape Your Identity (and Vice Versa)

“The goal is not to read a book, the goal is to become a reader.”

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DISCUSSION PROMPT

What is a goal you failed at recently? And, if you attached it to your identity, how do you think the result would have been different?

“Many people walk through life in a cognitive slumber, blindly following the norms attached to their identity.”

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DISCUSSION PROMPT

An example of this is “I’m bad at math.” Is there anything that you think you are inherently good or bad at? Do you agree with James Clear in this Chapter?

“Every action is a vote for the type of person you wish to become.”

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DISCUSSION PROMPT

As James Clear points out, you only need a majority of votes to win an election -- so don’t get discouraged when a day doesn’t go your way. What do you think about this framing?

How to Build Better Habits in 4 Simple Steps

"A habit is a behavior that has been repeated enough times to become automatic."

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DISCUSSION PROMPT

What are some habits, good or bad, that your team has that have become "automatic?"

"The ultimate purpose of habits is to solve the problems of life with as little energy and effort as possible."

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DISCUSSION PROMPT

What are some habits you have that take little to no energy?

The Man Who Didn't Look Right

"The process of behavior change always starts with awareness. You need to be aware of your habits before you can change them."

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DISCUSSION PROMPT

What is a good habit of one of your teammates that you've noticed and would like to emulate?

"I'm about to eat this cookie, but I don't need it."

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DISCUSSION PROMPT

What is something you might say aloud to prevent you from doing it? Or, at least, would cause you to do it less?

The Best Way to Start a New Habit

“Many people think they lack motivation when what they really lack is clarity.”

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DISCUSSION PROMPT

Name a time when you thought you lacked motivation, but really you lacked clarity about expectations (work related or otherwise).

“After [current habit], I will [new habit].”

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DISCUSSION PROMPT

What is one way you can use this "habit-stacking" method to make you more productive?

Motivation is Overrated; Environment Often Matters More

“Environment is the invisible hand that shapes human behavior.”

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DISCUSSION PROMPT

How do you think your physical work environment influences (either positively or negatively) your team's performance?

“You don't have to be the victim of your environment. You can also be the architect of it . . . if you want to make a habit a big part of your life, make the cue a big part of your environment.”

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DISCUSSION PROMPT

In what ways have you architected your environment to fill it with more productive cues?

“One space, One use.”

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DISCUSSION PROMPT

How do you organize your spaces to stay focused when working from home?

“It is easier to build new habits in a new environment because you are not fighting against old cues.”

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DISCUSSION PROMPT

What is one way we can change our work environment to get rid of old cues, and thus form new, better habits on our team?

The Secret to Self-Control

"Self-control is a short-term strategy, not a long-term one."

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DISCUSSION PROMPT

Since we don't have "heroic willpower" (and nobody does), we need to make sure our environment is conducive to productive and satisfying work -- and we don't need to exhibit heroic self-control to be successful. Do you have any suggestions on how we can do this?

"People with high self-control tend to spend less time in tempting situations. It's easier to avoid temptation than resist it."

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DISCUSSION PROMPT

Imagine you are working on a project that requires a lot of deep work. If you asked your co-worker to change the password to all your social media accounts for one day, how do you think that would impact your project?

How to Make a Habit Irresistible

“Temptation bundling is one way to make your habits more attractive. The strategy is to pair an action you want to do with an action you need to do.”

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DISCUSSION PROMPT

Like Ronan Byrne who synced Netflix with his exercise bike, it's easier to do things you need to do if you pair them with things you want to do. James Clear calls this temptation bundling. “Temptation bundling is one way to make your habits more attractive.” What is one way you make a boring task more exciting?

The Role of Family and Friends in Shaping Your Habits

“The normal behavior of the tribe often overpowers the desired behavior of the individual. Most days, we’d rather be wrong with the crowd than be right by ourselves.”

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DISCUSSION PROMPT

Name a time where you feel like you were on your own, and right. Or, a time when a teammate of yours was on their own, and right.

How to Find and Fix the Causes of Your Bad Habits

"Imagine changing just one word: You don't have to, you get to."

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DISCUSSION PROMPT

James Clear teaches that a massive part of behavior change is mindset change. How does being grateful shift your mindset?

Walk Slowly, but Never Backward

“Focus on taking action, not being in motion . . . motion allows us to feel like we’re making progress without running the risk of failure.”

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DISCUSSION PROMPT

Just like the “quantity” students in the photography class -- the key to success is shots on goal. We need to “focus on taking action, not being in motion.” because “motion allows us to feel like we’re making progress without running the risk of failure.” Why do you think it is important to take action and not just be in motion?

The Law of Least Effort

“Create an environment where doing the right thing is as easy as possible.”

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DISCUSSION PROMPT

A team should want to “create an environment where doing the right thing is as easy as possible.” What are some ways we can, as a team, reduce friction for positive behavior?

How to Stop Procrastinating by Using the Two-Minute Rule

“When you start a new habit, it should take less than two minutes to do.”

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DISCUSSION PROMPT

Starting a new habit should not seem overly audacious. Start small. Use the two-minute rule: “when you start a new habit, it should take less than two minutes to do.” Instead of “catch up on email,” the habit should be “open my email (and no other windows) as soon as work starts.” What are some other ways you could apply the two-minute rule in your work?

“The more you ritualize the beginning of a process, the more likely it becomes that you can slip into the state of deep focus that is required to do great things.”

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DISCUSSION PROMPT

What are some rituals that help you get into flow? Share with your teammates below!

How to Make Good Habits Inevitable and Bad Habits Impossible

“Onetime choices—like buying a better mattress or enrolling in an automatic savings plan—are single actions that automate your future habits and deliver increasing returns over time.”

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DISCUSSION PROMPT

James Clear surveyed his readers to ask what their favorite ontime choices were that led to long term habit formation. For example: buying a water filter, buying a good mattress, unsubscribing from all newsletters. What is a similar decision you’ve made that has had long-term return on investment?

The Cardinal Rule of Behavior Change

"The human brain evolved to prioritize immediate rewards over delayed rewards . . . to get a habit to stick, you need to feel immediately successful."

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DISCUSSION PROMPT

How could you apply this principle to a habit you're trying to build?

How to Stick with Good Habits Every Day

“He is simply focused on showing up and adding to his streak.”

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DISCUSSION PROMPT

Don't break the chain! “One of the most satisfying feelings is the feeling of making progress.” Just like you track streaks in Campfire to build a habit of reading, James Clear writes about Jerry Seinfeld, who tracked his habit of writing jokes by marking an X on a calendar for each day he wrote a new joke. He was “not focused on how good or bad a particular joke is or how inspired he feels. He is simply focused on showing up and adding to his streak.” Keep that reading streak going!

How an Accountability Partner Can Change Everything

“An accountability partner can create an immediate cost to inaction. We care deeply about what others think of us, and we do not want others to have a lesser opinion of us.”

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DISCUSSION PROMPT

What's a bad habit of yours you can commit to breaking right now?

The Truth About Talent (When Genes Matter and When They Don't)

“Until you work as hard as those you admire, don’t explain away their success as luck.”

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DISCUSSION PROMPT

Who is someone you admire and why?

The Goldilocks Rule: How to Stay Motivated in Life and Work

"The greatest threat to success is not failure but boredom."

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DISCUSSION PROMPT

The Goldilocks rule is in effect, and you're more likely to achieve flow state, when the difficulty of a task is just right: manageable, but not too hard. And definitely not too easy. When was a time at work where you were challenged in this way, and you achieved flow state as a result?

The Downside of Creating Good Habits

“Habits + Deliberate Practice =
Mastery”

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DISCUSSION PROMPT

What skills are you looking forward to building thanks to the principles from this book?

The Secret to Results That Last

"The secret to getting results that last is to never stop making improvements . . . That's the power of atomic habits. Tiny changes. Remarkable results."

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DISCUSSION PROMPT

What's a tiny improvement you can make tomorrow?