

**Tiny Changes,
Remarkable Results**

Atomic Habits

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

James Clear

Systems > Goals



Winners and losers
have the same
goals



Achieving a goal is
only a momentary
change



Goals restrict your
happiness



Goals are at odds
with long-term
progress

You do not rise to the level of your goals.
You fall to the level of your systems.

The Four Laws of Creating a Good Habit

1st Law Make it Obvious

2nd Law Make it Attractive

3rd Law Make it Easy

4th Law Make it Satisfying

Two Minute Rule and Habit Shaping

Very Easy	Easy	Moderate	Hard	Very Hard
Putting on your running shoes	Walk 10 minutes	Walk 10,000 steps	Run a 5K	Run a Marathon
Write one sentence	Write one paragraph	Write 1000 words	Write a 5000 word article	Write a book
10 kicks	10 kicks in the AM and 10 kicks in the PM	50 kicks per day	100 kicks per day	500 Kicks per week