

Atomic Habits – the four laws, the 1 % rule and the identity under the habit

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How do you build habits that last? A walk through James Clear's Atomic Habits – the four laws, the 1 % rule, habit stacking, the two-minute rule and why you should never miss twice.

MAIN TOPICS

- The four laws of building habits
- The 1 % rule and small improvements
- Systems over goals
- Identity as the starting point for habits
- Habit stacking
- Designing your surroundings
- The two-minute rule
- Getting rid of bad habits
- Habit trackers and reward
- Willpower as a limited resource

QUESTIONS THIS EPISODE ANSWERS

- How do you build a habit that lasts?
- What are the four laws in Atomic Habits?
- Why should you focus on the system rather than the goal?
- What is habit stacking?
- What is the two-minute rule?
- How do you get rid of a bad habit?
- What do you do when you have broken the streak?
- Why should you not wait for motivation?

KEY POINTS

- Make the habit obvious, attractive, easy and satisfying – and invert all four for bad habits.
- Build the identity first – you are someone who trains, not someone trying to train.
- Attach the new habit to one you already have, like brushing your teeth or the morning coffee.
- Shrink the habit to two minutes. Early on, showing up matters more than performing.
- Missing once is fine. Never miss twice.
- A good system saves willpower – and willpower is a limited resource.

SOURCES AND REFERENCES

- James Clear – Atomic Habits

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