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Atomic habits

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August 2019

I have read a few books and articles on habits. They always make me feel bad as the message is basically that you need self discipline to change your habits so if you're unsuccessful it's because you lack the self discipline.

But then I discovered James Clear's book, Atomic habits. It's based on research and his own life. We often convince ourselves that massive success requires massive action. Meanwhile, improving by 1% isn't particularly notable or noticeable – but it can be very meaningful in the long run. **If you can get 1% better each day for one year, you'll end up 37 TIMES better by the time you're done.** The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them. Clear advocates implementing a system and sticking to it.

How to create a good habit

The 1st Law	Make it obvious
1.1	Fill out the Habit Scorecard. Write down your current habits to become aware of them.
1.2	Use implementation intentions: "I will (BEHAVIOUR) at (TIME) in (LOCATION)."
1.3	Use habit stacking: "After (CURRENT HABIT), I will (NEW HABIT)."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	Make it attractive
2.1	Use temptation bundling. Pair an action you want to do with an action you need to do.
2.2	Join a culture where your desired behaviour is the normal behaviour.
2.3	Create a motivation ritual. Do something you enjoy immediately before a difficult habit.
The 3rd Law	Make it easy
3.1	Reduce friction. Decrease the number of steps between you and your good habit.
3.2	Prime the environment. Prepare your environment to make future actions easier.
3.3	Master the decisive moment. Optimize the small choices that deliver outsized impact.
3.4	Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.
3.5	Automate your habits. Invest in technology and one-time purchases that lock in future behaviour.
The 4th Law	Make it satisfying
4.1	Use reinforcement. Give yourself an immediate reward when you complete your habit.
4.2	Make "doing nothing" enjoyable. When avoiding a bad habit design a way to see the benefits.
4.3	Use a habit tracker. Keep track of your habit streak and "don't break the chain."
4.4	Never miss twice. When you forget to do a habit, make sure you get back on track immediately.

How to break a bad habit

Inversion of the 1st Law	Make it invisible
1.1	Reduce exposure. Remove the cues of your bad habits from your environment.
Inversion of the 2nd Law	Make it unattractive
2.1	Reframe your mind set. Highlight the benefits of avoiding your bad habit.
Inversion of the 3rd Law	Make it difficult
3.1	Increase friction. Increase the number of steps between you and your bad habits.
3.2	Use a commitment device. Restrict your future choices to the ones that benefit you.
Inversion of the 4th Law	Make it unsatisfying
4.1	Get an accountability partner. Ask someone to watch your behaviour.
4.2	Create a habit contract. Make the costs of your bad habits public and painful.

Clear's book has a lot more tips and techniques to help you change your habits. I highly recommend it!