

BOOK Summary

# ATOMIC HABITS

Discover the Simple Habits  
That Will Change Your Life

READ TODAY 





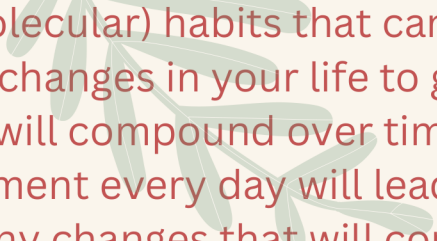
Atomic Habits is a book by James Clear that teaches you how to make small changes in your life that can lead to big results.

It's about making tiny changes that will compound over time and create massive results.

In this book summary, I will share the main insights from the four chapters of Atomic Habits by James Clear, a bestselling author and expert on habit formation.

## ATOMIC HABITS SUMMARY





Atomic Habits are small(molecular) habits that can lead to big results. It's not necessary to make big changes in your life to get big results. You can make small changes that will compound over time and create massive results. Making 1% improvement every day will lead to 37x improvement in a year. It's about making tiny changes that will compound over time and create massive results.

When you work out for 1 hour, you don't see any results. But when you work workout for 1 hour every day for 1 year, you will see massive results. similarly, when you eat junk food for 1 day, you don't see any results. But when you eat junk food every day for 1 year, you will see massive results.

**ATOMIC HABITS SUMMARY**





# The Aggregation of Marginal Gains

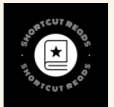
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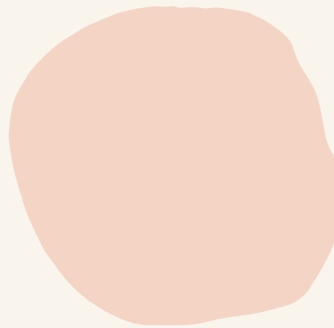




The Aggregation of Marginal Gains is the strategy of making small improvements in many different areas of your goals to make a big difference in the overall results. Tiny changes in the process can lead to big changes in the results.

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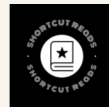


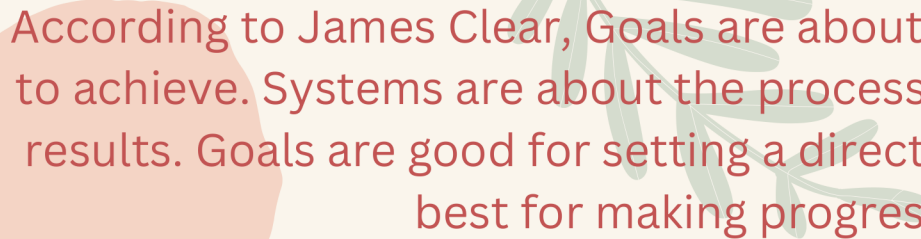


# Goals Vs

# System

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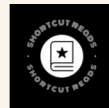





According to James Clear, Goals are about the results you want to achieve. Systems are about the processes that lead to those results. Goals are good for setting a direction, but systems are best for making progress.

Getting 1 million subscribers is a goal. Posting 1 video every day is a system. Similarly, losing 10 kg is a goal. Eating healthy food every day is a system.

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Goals are best for direction but systems are best for making progress. Winners and losers have the same goals but what makes winners different from losers is their systems. Set the goals but focus on the systems and processes that will lead to those goals.

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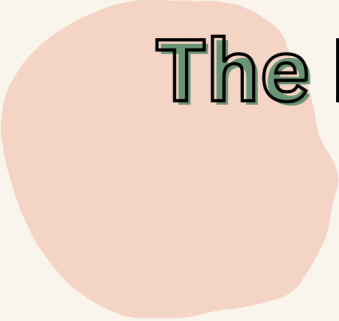




# Habits are the Compound Interest of self-improvement

James Clear  
Author, Atomic Habit





# The Four Rules of Behaviour Change

- **Make the cue obvious**
- **Make the craving attractive**
- **Make the response easy**
- **And the reward satisfying**

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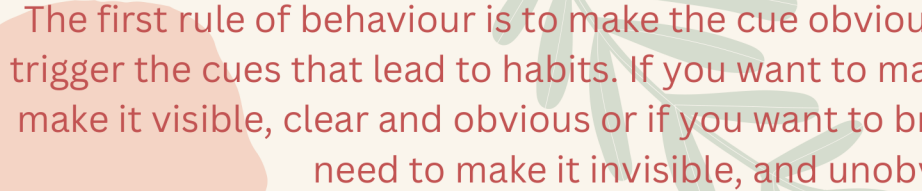




# Make The Cue Obvious

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The first rule of behaviour is to make the cue obvious. Visibility and clarity trigger the cues that lead to habits. If you want to make a habit, you need to make it visible, clear and obvious or if you want to break the bad habit, you need to make it invisible, and unobvious.

The environment is also a cue that can trigger a habit. If you want to eat healthy food, you can change your environment by replacing junk food with healthy food. If you want to read a book, you can change your environment by placing a book on your desk and removing all the distractions. So, the environment is also a cue that can trigger a habit.

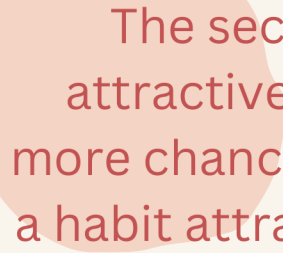
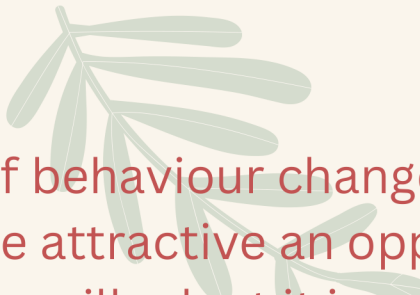
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**Make the  
Craving  
Attractive**





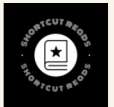
The second law of behaviour change is to make it attractive. The more attractive an opportunity is, the more chances that you will adapt it in your life. By making a habit attractive, you can expect a rewarding experience that will make you want to repeat it again and again.

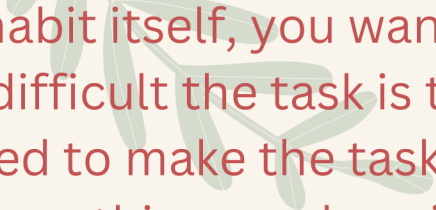
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# Make the Response Easy





you don't want the habit itself, you want the outcome of the habit. The more difficult the task is the more chances to give up. So, you need to make the task easy. and It's also human nature to do easy things and avoid hard things. The human brain always wants to save energy. So I always try to do the easy task. If you want to adopt a habit in your life, you need to make it easy and the opposite if you want to break a bad habit, you need to make it hard.

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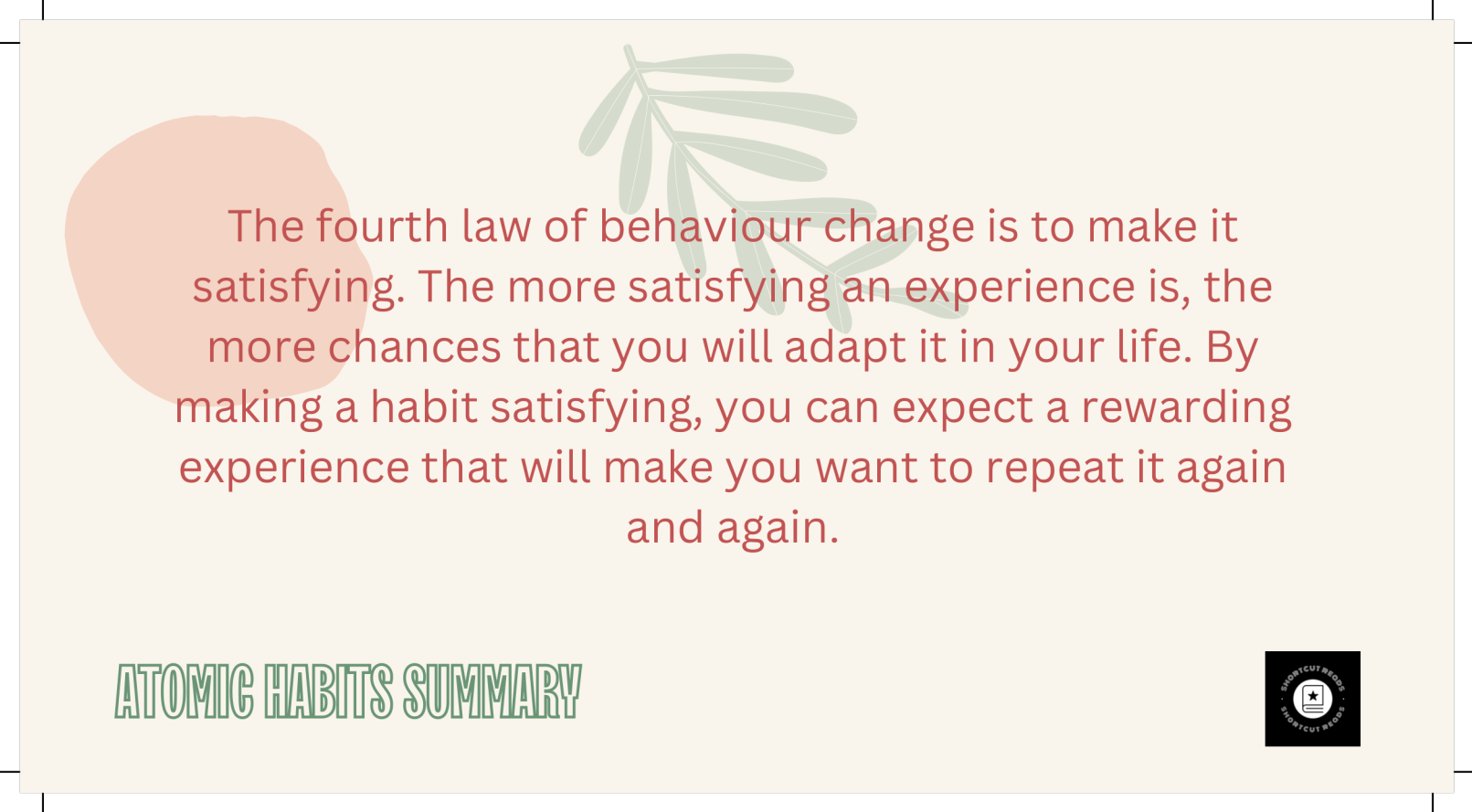






Make the  
Reward  
Satisfying





The fourth law of behaviour change is to make it satisfying. The more satisfying an experience is, the more chances that you will adapt it in your life. By making a habit satisfying, you can expect a rewarding experience that will make you want to repeat it again and again.

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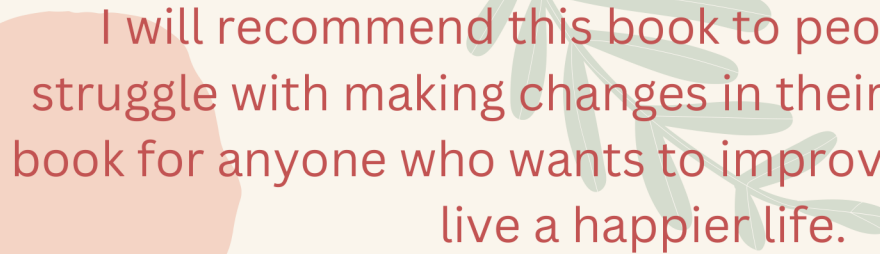




# Conclusion

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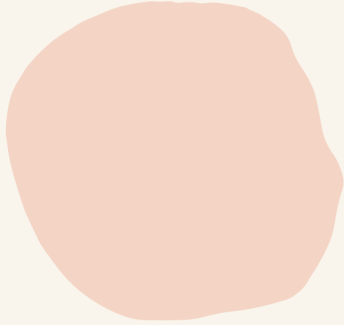


I will recommend this book to people who often struggle with making changes in their lives. It's a great book for anyone who wants to improve themselves and live a happier life.

Whether you are a college student, a working professional or a business owner, this book will help you achieve your goals and understand your life better.

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# Thanks

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