

Atomic Habits - James Clear (1)

December 2025

INTRODUCTION

In the messy world of a college dorm, I made a point to keep my room neat & tidy. This was minor but it gave me a sense of control over my life. I started to feel confident again.

We all deal with setbacks but in the long run, the quality of our lives often depends on the quality of our habits. With the same habits, you'll end up with the same results. But with better habits, anything is possible. As the author has said, "to write a great book, you must first become the book."

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If you can get 1% better each day for one year, you'll end up 37x times better by the time you're done. Conversely, if you got 1% worse each day for a year, you'd decline nearly down to zero. Unfortunately, the slow pace of transformation also makes it easy to let a bad habit slide. If you eat an unhealthy meal today, the scale doesn't move much. If you work late tonight & ignore your family, they will forgive you. If you procrastinate & put your project off until tomorrow, there will usually be time to finish it later. A single decision is easy to dismiss. Making a choice that is 1 percent better or 1 percent worse seems insignificant in the moment, but over the span of a lifetime of moments that make up a lifetime, these choices determine the difference between who you are and who you could be. Success is the product of daily habits, not once in a lifetime transformations. It doesn't matter how successful or unsuccessful you are right now. What matters is whether your habits are putting you on the path toward success. You should be far more concerned with your current trajectory than with your current results. Your outcomes are a lagging measure of your habits. Your net worth is a lagging measure of your financial habits. Your weight is a lagging measure of your eating habits. Your clutter is a lagging measure of your cleaning habits. You get what you repeat. In order to make a meaningful difference, habits need to persist long enough to break through this plateau - what I call the plateau of latent potential. My results have very little to do with the goals I set and nearly everything to do with the systems I followed. Goals are good for setting a direction but systems are best for making progress. Attention to goals only changes your life for the moment. When you're in love with the process rather than the product (goal), you don't have to wait to be happy. You can be satisfied anytime your system is running. The purpose of setting a goal is to win the game. The purpose of building systems is to continue playing the game. True long-term thinking is goal-less thinking. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again

... Fault both and fail to maintain your habits. The real reason you fail to stick with habits is your self-image gets in the way. This is why you can't get too attached to one version of your identity. Progress requires unlearning. Becoming the best version of yourself requires you to continuously edit your beliefs, and to upgrade and expand your identity. Your identity emerges out of your habits. You are not born with preset beliefs. Every belief, including those that yourself, is learned and conditioned through experience. The process of building habits is actually the process of becoming your self. This is a gradual evolution. We do not...

... and again, not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals; you fall to the level of your systems. Many people begin the process of changing their habits by focusing on what they want to achieve. This leads to outcome-based habits. The alternative is to build identity-based habits. With this approach, we start by focusing on who we wish to become. Behind every system of actions is a system of beliefs. There are a set of beliefs and assumptions that shape the system, an identity behind the habit. Behavior that is incongruent with the self will not last. It's one thing to say I'm the type of person who wants this, it is something very different to say in the type of person who is this. Once your pride gets involved, you'll...

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... CHANGE BY SNAPPING OUR FINGERS AND DECIDING TO BE SOMETHING ENTIRELY NEW. WE CHANGE BIT BY BIT, DAY BY DAY, HABIT BY HABIT. EVERY ACTION YOU TAKE IS A VOTE FOR THE TYPE OF PERSON YOU WANT TO BECOME. NO SINGLE INSTANCE WILL TRANSFORM YOUR BELIEFS, BUT AS THE VOTES BUILD UP, SO DOES THE EVIDENCE OF YOUR NEW IDENTITY. OF COURSE, IT WORKS IN THE OPPOSITE WAY TOO. EVERY TIME YOU CHOOSE TO PERFORM A BAD HABIT, IT IS A VOTE FOR THAT IDENTITY. IT DOESN'T MATTER IF YOU CAST A FEW VOTES FOR A BAD BEHAVIOR OR UNPRODUCTIVE HABIT. YOUR GOAL IS SIMPLY TO WIN THE MAJORITY OF THE TIME. YOUR HABITS SHAPE YOUR IDENTITY AND YOUR IDENTITY SHAPES YOUR HABITS. IDENTITY CHANGE IS THE NORTH STAR OF HABIT CHANGE. BUT THE TRUE QUESTION IS: "ARE YOU BECOMING THE TYPE OF PERSON YOU WANT TO BECOME?" THE FIRST STEP IS NOT WHAT OR HOW, BUT WHO. YOU NEED TO KNOW WHO YOU WANT TO BE. YOUR IDENTITY IS NOT SET IN STONE. YOU HAVE A CHOICE IN EVERY MOMENT. YOU CAN CHOOSE THE IDENTITY YOU WANT TO REINFORCE TODAY WITH THE HABITS YOU CHOOSE TODAY. HABITS ARE NOT ABOUT HAVING SOMETHING. THEY ARE ABOUT BECOMING SOMEONE. HABITS ARE SIMPLY RELIABLE SOLUTIONS TO RECURRING PROBLEMS IN OUR ENVIRONMENT. HABIT FORMATION IS INCREDIBLY USEFUL BECAUSE THE CONSCIOUS MIND IS THE BOTTLENECK OF THE BRAIN. IT CAN ONLY PAY ATTENTION TO ONE PROBLEM AT A TIME. HABITS DO NOT RESTRICT FREEDOM. THEY CREATE IT. IN FACT, THE PEOPLE WHO DON'T HAVE THEIR HABITS HANDLED ARE OFTEN THE ONES WITH THE LEAST AMOUNT OF FREEDOM. WHAT YOU CRAVE IS NOT THE HABIT ITSELF BUT THE CHANGE IN STATE IT DELIVERS. IF A PARTICULAR ACTION REQUIRES MORE PHYSICAL OR MENTAL EFFORT THAN YOU ARE WILLING TO EXPEND, THEN YOU WON'T DO IT. EVERY GOAL IS DOOMED TO FAIL IF IT GOES AGAINST THE GRAIN OF HUMAN NATURE. YOUR HABITS ARE SHAPED BY THE SYSTEMS IN YOUR LIFE. THE PROCESS OF BEHAVIOR CHANGE ALWAYS STARTS WITH AWARENESS. YOU NEED TO BE AWARE OF YOUR HABITS BEFORE YOU CAN CHANGE THEM. IMPLEMENTATION INTENTION IS A PLAN YOU MAKE BEFOREHAND ABOUT WHEN AND WHERE TO ACT. THAT IS, HOW YOU INTEND TO IMPLEMENT A PARTICULAR HABIT. MANY PEOPLE THINK THEY LACK MOTIVATION WHEN WHAT THEY REALLY LACK IS CLARITY. WHEN THE MOMENT OF ACTION OCCURS, THERE IS NO NEED TO MAKE A DECISION. SIMPLY FOLLOW YOUR PRE-DETERMINED PLAN. YOU OFTEN DECIDE WHAT TO DO NEXT BASED ON WHAT YOU JUST FINISHED DOING. CONSIDER WHEN YOU ARE MOST LIKELY TO BE SUCCESSFUL. DON'T ASK YOURSELF TO DO A HABIT WHEN YOU'RE LIKELY TO BE OCCUPIED WITH SOMETHING ELSE. PEOPLE OFTEN CHOOSE PRODUCTS NOT BECAUSE OF WHAT THEY ARE BUT BECAUSE OF WHERE THEY ARE. ENVIRONMENT IS THE INVISIBLE HAND THAT SHAPES HUMAN BEHAVIOR. THE MOST POWERFUL OF THE HUMAN SENSORY ABILITIES IS VISION. THANKFULLY THERE IS GOOD NEWS IN THIS RESPECT.

THE ABILITY TO EXPERIENCE PLEASURE REMAINS BUT WITH OUT DELIBERATE, DESIRE DRIVEN. AND WITHOUT DESIRE, ACTION STOPPED. IT IS THE ANTICIPATION OF A REWARD - NOT THE FOLLOW-UP OF IT - THAT GETS US TO TAKE ACTION. THE REWARD SYSTEM THAT IS ACTIVATED IN THE BRAIN WHEN YOU RECEIVE A REWARD IS THE SAME SYSTEM THAT IS ACTIVATED WHEN YOU ANTICIPATE A REWARD. THIS IS ONE REASON WHY THE ANTICIPATION OF AN EXPERIENCE CAN OFTEN FEEL BETTER THAN THE ATTAINMENT OF IT. AS A RESULT, THINKING ABOUT CHRISTMAS MORNING CAN BE BETTER THAN OPENING THE GIFTS. YOUR BRAIN HAS FAR MORE NEURAL CIRCUITRY ALLOCATED FOR WANTING REWARDS THAN FOR LIKING THEM. DESIRE IS THE ENGINE THAT DRIVES BEHAVIOR. EVERY ACT-

YOU DON'T HAVE TO BE A VICTIM OF YOUR ENVIRONMENT. YOU CAN ALSO BE THE MASTERS OF IT. EVERY HABIT IS INITIATED BY A CUE, AND WE ARE MORE LIKELY TO NOTICE CUES THAT STAND OUT. THE PEOPLE WITH THE BEST SELF-CONTROL ARE TYPICALLY THE ONES WHO NEED TO USE IT THE LEAST. IT'S EASIER TO PRACTICE SELF-CONTROL WHEN YOU DON'T HAVE TO USE IT VERY OFTEN. SO, YES, PERSISTENCE, GUILT, AND WILLPOWER ARE ESSENTIAL TO SUCCESS, BUT THE WAY TO IMPROVE THESE QUALITIES IS NOT BY WISHING YOU WERE A MORE DISCIPLINED UNDER PERSON, BUT BY CREATING A MORE DISCIPLINED ENVIRONMENT. SELF-CONTROL IS A SHORT TERM STRATEGY, NOT A LONG TERM ONE. YOU MAY BE ABLE TO RESIST TEMPTATION ONCE OR TWICE, BUT IT'S UNLIKELY YOU CAN MUSTER THE WILLPOWER TO OVERRIDE YOUR DESIRES EVERY TIME.

Atomic Habits - James Clear [3]

... ion¹ is taken because of the anticipation that pre-
cedes it. It is the craving that leads to the response.
Whenever habits are normal in your culture are among
the most attractive behaviors you'll find. Peer pressure
is bad only if you are surrounded by bad influences.
One of the most effective things you can do to build
better habits is to join a culture where your desired
behavior is the normal behavior. Surround yourself with
people who have the habits you want to have yourself. You
'll rise together. A craving is just a specific mani-
festation of a deeper underlying motive. Your habits are
modern day solutions to ancient desires. New versions of
old vices. The underlying motives behind human behavior
remain the same. The specific habits we perform differ
based on the period of history. Your current habits are
not necessarily the best way to solve your problems;
they are just the methods you learned to use. Once you
associate a solution with a problem you need to solve, you
keep coming back to it. Life feels reactive, but it is actu-
ally predictive. All day long, you are making your best
guess of how to act given what you've just seen and what
has worked for you in the past. Our behavior is heavily de-
pendent on these predictions. And how we interpret the events
that happen to us, not necessarily the objective reality
of the events themselves. A craving is the sense that
something is missing. It is the desire to change your
internal state. Desire is the difference between where
you are now and where you want to be in the future. What
you really want is to feel different. Our feelings and emo-
tions tell us whether to hold steady in our current state
or to make a change. They help us decide the best co-
urse of action. You can make hard habits more attr-
active if you can learn to associate them with a pos-
itive experience. Sometimes all you need is a slight
mind-set shift. I imagine just changing one word: you
don't have to, you get to. This is the difference between
being in motion and taking action. The two ideas sound
similar but they are not the same. When you're in mot-
ion, you're planning and strategizing and learning. These
are the good things, but they don't produce a result. Action
on the other hand, is the type of behavior that will de-
liver an outcome. (If you want to master a habit, the key
is to start with repetition, not perfection). You don't need
to nuke out every feature of a new habit. You just need
to practice it. Hebb's Law: Neurons that fire together
wire together. Each time you repeat an action, you are
activating a particular neural circuit associated with
that habit. This means simply putting in your reps is one
of the most critical steps you can take to encoding a
new habit. An important truth about ^{behavior} habit change: Hab-
its form based on frequency, not time. Conventional wis-

dom, though that motivation is the key to habit change.
Maybe if you really wanted it, you actually do it. But
the truth is our real motivation is to be lazy and to
do what is convenient. Every action requires a certain
amount of energy. The more energy required, the less lik-
ely it is to occur. You don't actually want the habit itself.
What you really want is the outcome the habit delivers. The
greater the obstacle - that is the more difficult the task
is - the more friction there is between you and your des-
ired end state. This is why it is crucial to make your
habits so easy that you'll do them even when you don't
feel like it. The problem is that some days you feel like
doing the hard work and some days you feel like giving
in. on the tough days, it's crucial to have as many things

working in your favor as possible so that you can
overcome the challenges life naturally throws your
way. The less friction you face the easier it is for
your stronger self to emerge. The idea behind making
it easy is not to only do easy things, the idea is to
make it as easy as possible in the moment to do
the things that pay off in the long run. Making
your habits simple and easy is like removing the
bend in a hose rather than trying to overcome
the friction in your life, you reduce it. We should
ask ourselves "how can we design a world where
it's easy to do what's right?" Redesign your life
so the actions that matter most are the ac-
tions that are the easiest to do. Resisters estimate.

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Atomic Habits - James Clear [4]

THAT 40 TO 50 PERCENT OF OUR ACTIONS ON ANY GIVEN DAY ARE DONE OUT OF HABIT. THIS IS HOWBY A SUBSTANTIAL PERCENTAGE, BUT THE TRUE INFLUENCE OF YOUR HABITS IS EVEN GREATER THAN THESE NUMBERS SUGGEST. HABITS ARE AUTOMATIC CHOICES THAT INFLUENCE THE CONSCIOUS DECISIONS THAT FOLLOW. YES, A HABIT CAN BE COMPLETED IN JUST A FEW SECONDS, BUT IT CAN ALSO SHAPE THE ACTIONS THAT YOU TAKE FOR MINUTES OR HOURS AFTERWARD. THE TWO MINUTE RULE STATES "WHEN YOU START A NEW HABIT, IT SHOULD TAKE LESS THAN TWO MINUTES TO DO. THE IDEA IS TO MAKE YOUR HABITS AS EASY AS POSSIBLE TO START. THIS IS A POWERFUL STRATEGY BECAUSE ONCE YOU'VE STARTED DOING THE RIGHT THING, IT IS MUCH EASIER TO KEEP DOING IT. A NEW HABIT SHOULD NOT FEEL LIKE A CHALLENGE. THE ACTIONS THAT FOLLOW CAN BE CHALLENGING BUT THE FIRST TWO MINUTES SHOULD BE EASY. WHAT YOU WANT IS A 'GATEWAY HABIT' THAT NATURALLY LEADS YOU DOWN A MORE PRODUCTIVE PATH. THE POINT IS TO MASTER THE HABIT OF SHOWING UP. THE TRUTH IS, A HABIT MUST BE ESTABLISHED BEFORE IT CAN BE IMPROVED. 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. SOMETIMES SUCCESS IS LESS ABOUT MAKING GOOD HABITS EASY AND MORE ABOUT MAKING BAD HABITS HARD. THE BEST WAY TO BREAK A BAD HABIT IS TO MAKE IT IMPRACTICAL TO DO. INCREASE THE FRICTION UNTIL YOU DON'T EVEN HAVE THE OPTION TO ACT. THE PROBLEM WASN'T KNOWLEDGE, THE PROBLEM WAS CONSISTENCY. WE ARE MORE LIKELY TO REPENT A BEHAVIOR WHEN THE EXPERIENCE IS SATISFYING. WHAT IS REWARDED IS REPEATED. WHAT IS PUNISHED IS AVOIDED. YOU LEARN WILL TO DO IN THE FUTURE BASED ON WHAT YOU WERE REWARDED FOR DOING (OR PUNISHED FOR DOING) IN THE PAST. POSITIVE EMOTIONS CULTIVATE HABITS. NEGATIVE EMOTIONS DESTROY THEM. THE FIRST THREE LAWS OF BEHAVIOR CHANGE - MAKE IT OBVIOUS, MAKE IT ATTRACTIVE, AND MAKE IT EASY - INCREASE THE ODDS THAT A BEHAVIOR WILL BE PERFORMED THIS TIME. THE 4TH LAW OF BEHAVIOR CHANGE - MAKE IT SATISFYING - INCREASES THE ODDS A BEHAVIOR WILL BE REPEATED NEXT TIME. IT COMPLETES THE HABIT LOOP. BUT THERE IS A TRICK. WE ARE NOT LOOKING FOR JUST ANY TYPE OF SATISFACTION, WE ARE LOOKING FOR IMMEDIATE SATISFACTION. THE HUMAN BRAIN DID NOT EVOLVE FOR LIFE IN A DELAYED-RETURN ENVIRONMENT. THE WAY YOUR BRAIN EVALUATES REWARDS IS INCONSISTENT ACROSS TIME. YOU VALUE THE PRESENT MORE THAN THE FUTURE. ONCE YOU UNDERSTAND HOW THE BRAIN PRIORITIZES REWARDS, THE ANSWERS BECOME CLEAR: THE CONSEQUENCES OF BAD HABITS ARE DELAYED WHILE THE REWARDS ARE IMMEDIATE. WITH OUR ISM HABITS, THE IMMEDIATE OUTCOME USUALLY FEELS GOOD BUT THE ULTIMATE OUTCOME FEELS BAD. WITH GOOD HABITS ITS THE REVERSE:

TEACHING PROVIDES VISUAL PROOF THAT YOU ARE CASHING VOTES FOR THE TYPE OF PERSON YOU WANT TO BECOME, WHICH IS A DELIGHTFUL FORM OF IMMEDIATE AND INTRINSIC GRATIFICATION. WHATEVER MY PROGRESS / STREAK IS INTERRUPTED, I REMIND MYSELF OF A SIMPLE RULE: NEVER MISS TWICE. IF I MISS A DAY, I TRY TO GET BACK INTO IT AS QUICKLY AS POSSIBLE. MISSING ONE WORKOUT HURTS, BUT I'M NOT GOING TO MISS TWO IN A ROW. THE FIRST MISS THERE IS NEVER THE ONE THAT RUINS YOU. IT IS THE SPIRAL OF REPEATED MISTAKES THAT FOLLOWS. MISSING ONE IS AN ACCIDENT. MISSING TWICE IS THE START OF A NEW HABIT. YOU DON'T REALIZE HOW VALUABLE IT IS TO JUST SHOW UP ON YOUR BAD DAYS. MOST DAYS WHEN YOU MAKE THOSE SUCCESSFUL DAYS HELP YOU. THE FIRST

THE IMMEDIATE OUTCOME IS UNREWARDING BUT THE ULTIMATE OUTCOME FEELS GOOD AS A GENERAL RULE; THE MORE IMMEDIATE PLEASURES YOU GET FROM AN ACTION, THE MORE STRONGLY YOU STAY CONVICTED WHETHER IT ALIGNS WITH YOUR LONG-TERM GOALS. HERE'S THE PROBLEM: MOST PEOPLE KNOW THAT DELAYING GRATIFICATION IS THE WISE APPROACH. THEY WANT THE BENEFITS OF GOOD HABITS: TO BE HEALTHY, PRODUCTIVE, AT PEACE. BUT THESE OUTCOMES ARE SILENTLY TOP-OF-MIND AT THE DECISIVE MOMENT. EVENTUALLY, AS INTRINSIC REWARDS LIKE A BETTER MOOD, MORE ENERGY, AND REDUCED STRESS KICK IN, YOU'LL BECOME LESS CONCERNED WITH CHASING THE SECONDARY REWARDS. THE IDENTITY ITSELF BECOMES THE REINFORCER. INCENTIVES CAN START A HABIT. IDENTITY SUSTAINS IT. THE MOST EFFECTIVE FORM OF MOTIVATION IS PROGRESS. HABIT

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OF COMPOUNDING: ~~INTEREST~~ NEVER INTERRUPT IT UNNECESSARILY. GOING TO THE GYM MAY NOT IMPROVE YOUR PERFORMANCE, BUT IT RE-AFFIRMS YOUR IDENTITY. MEASUREMENT IS ONLY USEFUL WHEN IT GUIDES YOU AND ADDS CONTEXT TO A LARGER PICTURE, NOT WHEN IT CONSUMES YOU.

ERROR NUMBER IS SIMPLY ONE PIECE OF FEEDBACK IN THE OVERALL SYSTEM. THE MORE IMMEDIATE THE PAIN THE LESS LIKELY THE BEHAVIOR. IF YOU WANT TO PREVENT BAD HABITS AND ELIMINATE UNHEALTHY BEHAVIORS, THEN ADDING AN INSTANT COST TO THE ACTION IS A GREAT WAY TO REDUCE THEIR ODDS.

GENES DO NOT DETERMINE YOUR DESTINY. THEY DETERMINE YOUR AREAS OF OPPORTUNITY. THERE IS A VERSION OF EVERY HABIT THAT CAN BRING YOU JOY AND SATISFACTION. FIND IT. WE ALL HAVE LIMITED TIME ON THIS PLANET, AND SO THE TRULY GREAT AMONG US ARE THE ONES WHO NOT ONLY WORK HARD BUT ALSO HAVE THE GOOD FORTUNE TO BE EXPOSED TO OPPORTUNITIES THAT FAVOR US. SPECIALIZATION IS A POWERFUL WAY TO OVERCOME THE ACCIDENT OF BAD GENETICS. THE MORE YOU MASTER A SPECIFIC SKILL, THE HARDER IT BECOMES FOR OTHERS TO COMPETE WITH YOU. BOILING WATER WILL SOFTEN A POTATO BUT HARDEN AN EGG. YOU CAN'T CONTROL WHETHER YOU'RE A POTATO OR EGG, BUT YOU CAN CHOOSE TO PLAY A GAME WHERE IT IS BETTER TO BE HARD OR SOFT. IF YOU CAN FIND A MORE FAVORABLE ENVIRONMENT, YOU CAN TRANSFORM THE SITUATION FROM ONE WHERE

THE ODDS ARE AGAINST YOU TO ONE WHERE THEY ARE IN YOUR FAVOR. OUR GENES DO NOT ELIMINATE THE NEED FOR HARD WORK. THEY CLARIFY IT. THEY TELL US WHAT TO WORK HARD ON. IT IS MORE PRODUCTIVE TO FOCUS ON WHETHER YOU ARE FULFILLING YOUR OWN POTENTIAL THAN TO COMPARING YOURSELF TO SOMEONE ELSE. THE FACT THAT YOU HAVE A NATURAL LIMIT TO ANY SPECIFIC ABILITY HAS NOTHING TO DO WITH WHETHER YOU ARE REACHING THE CEILING OF YOUR CAPABILITIES. PEOPLE GET SO CAUGHT UP IN THE FACT THEY HAVE LIMITS THAT THEY RATHER EXERT THE EFFORT REQUIRED TO GET CLOSE TO THEM. UNTIL YOU WORK AS HARD AS THOSE YOU ADMIRE, DON'T EXPLAIN AWAY THEIR SUCCESS AS LUCK. STEVE MARTIN FAILED HIS FEAR EVERY YEAR WORK

FOR EIGHTEEN YEARS. IN HIS WORDS, "10 YEARS SPENT LEARNING, 4 YEARS SPENT REFINING, AND 4 YEARS AS A WILD SUCCESS. IMPROVEMENT REQUIRES A DELICATE BALANCE. YOU NEED TO REGULARLY SEARCH FOR CHALLENGES THAT PUSH YOU TO YOUR EDGE WHILE CONTINUING TO MAKE ENOUGH PROGRESS TO STAY MOTIVATED. BEHAVIORS NEED TO REMAIN NEW IN ORDER FOR THEM TO STAY ATTRACTIVE AND SATISFYING. WITHOUT VARIETY WE GET BORED. AND BOREDOM IS PERHAPS THE GREATEST VILLAIN ON THE QUEST FOR SELF IMPROVEMENT. AT SOME POINT IT COMES DOWN TO WHO CAN HANDLE THE BOREDOM OF TRAINING EVERY DAY, DOING THE SAME LIFTS OVER AND OVER AND OVER. AS MACHIAVELLI NOTED, "MEN DESIRE NOVELTY TO SUCH AN EXTENT THAT

...MOVES RATHER THAN AGAINST THEM. A LACK OF SELF-AWARENESS IS A POISON. REFLECTION AND REVIEW IS THE ANTIDOTE. SUCCESS IS NOT A GOAL TO REACH OR FINISH LINE TO CROSS. IT IS A SYSTEM TO IMPROVE, AN ~~ENDLESS~~ PROCESS TO DEFINE, THE SECRET TO GETTING RESULTS THAT LAST IS TO NEVER STOP MAKING IMPROVEMENTS. ITS REMARKABLE WHAT YOU CAN BUILD IF YOU JUST PERSIST. SMALL HABITS DON'T ADD UP. THEY COMPOUND. THAT'S THE POWER OF ATOMIC HABITS. TINY CHANGES. REMARKABLE RESULTS.

THOSE WHO ARE DOING WELL WISE FOR A CHANGE AS MUCH AS THOSE WHO ARE DOING BADLY." NO HABIT WILL STAY INTERESTING FOREVER. AT SOME POINT, EVERYONE FEELS THE SAME CHALLENGE ON THE JOURNEY OF SELF-IMPROVEMENT: YOU HAVE TO FAIL IN LOVE WITH THE BOREDOM. PAT RILEY SAID, "SUSTAINING AN EFFORT IS THE MOST IMPORTANT THING FOR ANY ENTERPRISE. THE WAY TO BE SUCCESSFUL IS TO LEARN HOW TO DO THINGS RIGHT, THEN DO THEM THE SAME WAY EVERY TIME." NEVER REVIEWING YOUR HABITS IS LIKE NEVER LOOKING IN THE MIRROR. YOU AREN'T AWARE OF EASILY FIXABLE FLAWS. THE MORE SACRED AN IDEA IS TO US, THE MORE STROUGHLI WE WILL DEFEND IT AGAINST CRITICISM. AN IDENTITY CAN BE FLEXIBLE RATHER THAN BRITTLE. LIVES WATER FLOWING AROUND AN OBSTACLE, YOUR IDENTITY WORKS WITH THE CHANGING CIRCUMSTANCES,