



Book Review

TITLE: Atomic Habits

AUTHOR: James Clear

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PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I've heard this book recommended many times. I'm always interested in habits, but I sometimes feel like it's the same advice so I haven't really gotten into the habits genre. But this book came up enough times that I thought I'd give it a try.

A-HA MOMENTS

What a-ha moments did you have when reading?

- Consistency over Intensity - 1% daily improvement means you are 37 times better after a year
- Reframe who you want to be when you want to create a new habit (I am someone who exercises, reads, etc)
- Plateau of Latent Potential: time spent building a habit that hasn't yet taken is not wasted; it's being stored

QUESTIONS

What questions do you have after reading that you want to investigate?

- How can I shift my mindset towards consistency rather than on intensity?
- How can I create a cue to start working (other than sitting at my desk which doesn't seem to work lately)?/How do I create a more disciplined environment?
- How can I tap into my feelings to stop my bad habits? Can I get that feeling another way?

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Goals restrict your happiness (p. 26) aligns with Shawn Achor's work - fall in love with the process not the product
- Change your identity to align with your goals; create the story - Donald Miller's work on story
- Flip your thinking from "I have to" to "I get to" - David Bridges says this too

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Rework my goals into stories/identity shifts
- Take 1 habit I want to build and work through the 4 laws with it
- Create a cue to focus when I sit at my desk

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I totally loved this book and there are so many notes in it, I couldn't possibly capture them all in this book review. It is definitely one I will reread (multiple times). I have heard good things about his newsletter, so I will also subscribe to that and check out his website.