

ATOMIC HABITS

PUTTING THE SCIENCE OF WELL-BEING INTO ACTION

Step 1: IDENTITY

Are you becoming the type of person you want to become? Habits are the compound interest of self-improvement. Who do you want to be? Identify how you want to show up in your life? What are your current systems/Habits?

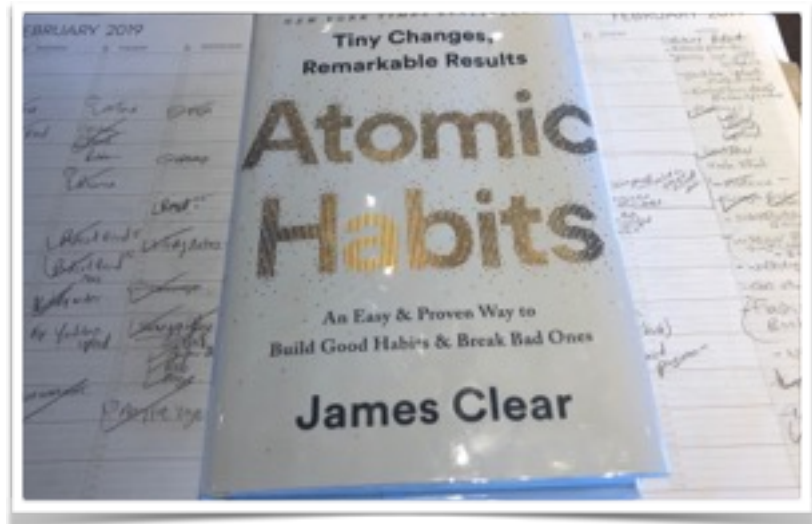
Step 2: BUILD

Build better habits into your day. What habits would the person you want to show up as have in their system? What bad habits would they not be performing? Based on what you desire for yourself, What are better habits? Make a list.

Step 3: PLAN

Create your Daily Systems Plan and make sure your new habits are: **Obvious** & part of your DAY. **Attractive** & feel good with temptation bundle by pairing want to with have to. **Easy** & repetitive with eliminating barriers, friction & resistance. Rewarding & **Satisfying** with immediate benefits

For bad habits make them less obvious, attractive, easy and satisfying



Tiny Changes, Remarkable Results!

Do you have any bad habits? Habits you'd like to change? In the book Atomic Habits, James Clear, one of the worlds leading experts on habit formation, reveals practical strategies that will teach us exactly how to master the tiny behaviours that will lead to remarkable results!!

Atomic Habits basically means that by embracing the affects of small daily, repetitive habits we will notice the compound impact over time. IF you're having trouble changing your habits or reaching goals, the problem isn't you. The problem is your daily system!

YOUR HABITS MATTER because they help you become the type of person you wish to be. You become your HABITS!

Some tools like the implementation strategy (When ____, I will ____.), habit stacking (match current habits with new habit), and temptation bundle (match want to habits with need to habits) will help you along this journey.

Best way to change our behaviour is to make good habits and build the daily system to support these habits and not support bad habits.

READY TO DO THE WORK? Follow these Steps...

