



GETABSTRACT REVIEW OF **Atomic Habits**

An Easy & Proven Way to Build Good Habits & Break Bad Ones

To form a new habit, try coupling a desired new behavior with a usual behavior. To change habits, develop your awareness of your daily routines. In Atomic Habits, author James Clear promotes taking continuous, small steps toward forming habits that will eventually take the place of undesired ones.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. How can small changes in one's daily routines can lead to significant transformations over time?
2. Can you share an example of an "identity-based habit" you've successfully implemented? What was the process like?
3. In what ways do our environments influence our habits, and how can we optimize our surroundings to support positive habit formation?
4. How can we apply the concept of atomic habits to both personal and professional development?

"Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become."

Atomic Habits

James Clear

Additional resources



Goal Setting



Develop Positive Habits



Build Your Resilience

