

How To Create A Good Habit

| The 1st Law | Make It Obvious |
|-------------|---|
| 1.1 | Fill out your Habits Scorecard as outlined in the article (link at bottom). Write down your current habits to be aware of them. |
| 1.2 | Use implementation intentions: "I will [BEHAVIOR] at [TIME] in [LOCATION]." |
| 1.3 | Use Habit Stacking: "After [CURRENT HABIT], I will [NEW HABIT]." |
| 1.4 | Design your environment. Make the cues of good habits obvious and visible. |
| The 2nd Law | Make It Attractive |
| 2.1 | Use temptation bundling. Pair an action you want to do with an action you need to do. |
| 2.2 | Join a culture where your desired behavior is the normal behavior. |
| 2.3 | Create a motivation ritual. Do something you enjoy immediately before a difficult habit. |
| The 3rd Law | Make It Easy |
| 3.1 | Reduce friction. Decrease the number of steps between you and your good habits. |
| 3.2 | Prime the environment. Prepare your environment to make future actions easier. |
| 3.3 | Master the decisive moment. Optimize the small choices that deliver outsized impact. |
| 3.4 | Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less. Huge in preventing overload. |
| 3.5 | Automate your habits. Invest in technology and one time purchases that lock in future behavior. |
| The 4th Law | Make It Satisfying |
| 4.1 | Use reinforcement. Give yourself an immediate reward when you complete your habit. |
| 4.2 | Make "doing nothing" enjoyable. When avoiding a bad habit, make a way of seeing the benefits. |
| 4.3 | Use a habit tracker. Keep track of your habit chain, and "do not break the chain." |
| 4.4 | Never miss twice. When you forget to do a habit, make sure you get back on track immediately. |

How To Break A Bad Habit

| Inversion of the 1st Law | Make It Invisible |
|--------------------------|--|
| 1.5 | Reduce exposure. Remove the cues of your bad habits from your environment. |
| Inversion of the 2nd Law | Make It Unattractive |
| 2.4 | Reframe your mindset. Highlight the benefits of avoiding your bad habits. |
| Inversion of the 3rd Law | Make It Difficult |
| 3.6 | Increase friction. Increase the number of steps between you and your bad habits |
| 3.7 | Make a commitment device. Restrict your future choices to the ones that benefit you. |
| Inversion of the 4th Law | Make It Unsatisfying |
| 4.5 | Get an accountability partner. Ask someone to watch your behavior. |
| 4.6 | Create a habit contract. Make the costs of your bad habits public and painful. |

*Feel free to share this Habit Cheatsheet with friends and associates



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To read more about the Atomic Habits book, and how to create your Habits Scorecard, go to this article:

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