
Atomic Habits Summary PDF Cheatsheet —

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? 1. **Get 1% Better Every Day: Aim for tiny daily improvements to see big changes over time**

- Habits are compound interest. By getting just 1% better every day, you will end up 37.78 times better by the end of the year.

?? 2. **Systems Vs. Goals: Prioritize your daily processes instead of just setting goals**

- Focus on systems over goals, those daily processes you follow to reach your goals. This approach provides more sure progress and lasting motivation.

? 3. **The Four Laws of Behaviour Change: Make your good habits obvious, attractive, easy, and satisfying**

- A habit is a behavior we've learned to repeat for a reliable reward. Each one follows a habit loop of cue-craving-response-reward, which reinforces the habit.
- The 4 Laws of Behavior Change correspond to these – we can make good habits stick by making cues more obvious, cravings more attractive, responses easier, and rewards more satisfying.

? 4. **Make it Obvious: Make the cues for good habits more visible, and hide bad habits**

- The first rule for changing habits is “Make it Obvious.” It teaches us to keep reminders of good habits where we can see them and hide the cues that lead to bad habits.
- We can make a new good habit stick better without relying on willpower through: deliberately planning our environment, using a current habit as the cue for a new one, and being clear about when and where we will do it.

? 5. **Make it Attractive: Strengthen your motivation with the power of dopamine and community**

- Make your good habits more appealing by leveraging the brain's dopamine system for motivation and surrounding yourself with a supportive community.
- Key tactics include temptation bundling to pair desirable activities with necessary habits, creating positive associations to make habits more attractive, and consciously making bad habits seem less appealing by focusing on their negative aspects.

? 6. **Make it Easy: Reduce the effort needed to start and maintain habits**

- Start and keep habits by making them super simple. Use the 2-minute rule: if it's a habit that takes just two minutes to do, start with that. Organize your space so it's easier to do your habit every day without thinking too much. And if you can, make your good habits automatic so you don't even need to use willpower.

? 7. **Make it Satisfying: Add immediate rewards to make sticking to your habits more enjoyable**

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- To make habits stick, make them immediately rewarding. This helps balance that mismatch between instant and delayed gratification of good habits. Key strategies include: tracking your progress visually, maintaining your habit streak, and setting up punishments for missed habits – all to ensure consistency and motivation.

? 8. Identity-Based Habits: Focus on who you want to become to drive lasting change

- Behavior change has 3 layers: outcomes, process, and identity. Changing how we see ourselves tends to provide the strongest transformation.

This is just a sample!

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