
The Power of Habit Summary PDF Cheatsheet —

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? 1. Habits Save Effort: How to change your life, one tiny step at a time, using brain science

To sum it up, habits are behaviors that we repeat regularly, often on autopilot without thinking. Our brains form habits as a shortcut to save energy. Habits can help us stick to behaviors, both good and bad, with less effort or self-discipline.

? 2. The Habit Loop: The secret to breaking bad habits and making new ones stick

To wrap it up, The Habit Loop begins with a Cue or trigger, that may be a time, place, person, etc. Then we follow a Routine to attain a Reward—some pleasant sensation. Cravings drive habits, that neural connection between a cue and reward gets stronger the more we repeat the habit.

? 3. The Golden Rule: To change any habit, swap the routine, but keep the same cue and reward

The key to reshaping habits is not in resisting the old through willpower or self-discipline. Rather, we should introduce a new routine in the same place, while keeping the cue and reward consistent.

? 4. Keystone Habits: The right small changes can cause a chain reaction of transformation in your life

In short, keystone habits have the power to transform multiple areas of our lives, leading to a chain reaction of good habits and success.

? 5. Small Wins: Giving you the power of believing you can change

The journey to change starts with small wins, reinforcing the belief we can change. In the beginning, this often looks like a series of mini-experiments, as we learn what methods work for us personally.

? 6. Willpower: The muscle you can strengthen, that supercharges every other habit

Think of willpower as a muscle—it can be practiced and strengthened with the right strategies, such as learning a new musical instrument or language. Paradoxically, we must also guard our willpower for the right things, because our “self-control muscle” gets depleted over the course of the day.

? 7. The Power of Community: How groups we belong to shape our habits

In short, don't underestimate the influence of those around you. The social groups and communities you're a part of can make or break your habits.

This is just a sample!

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