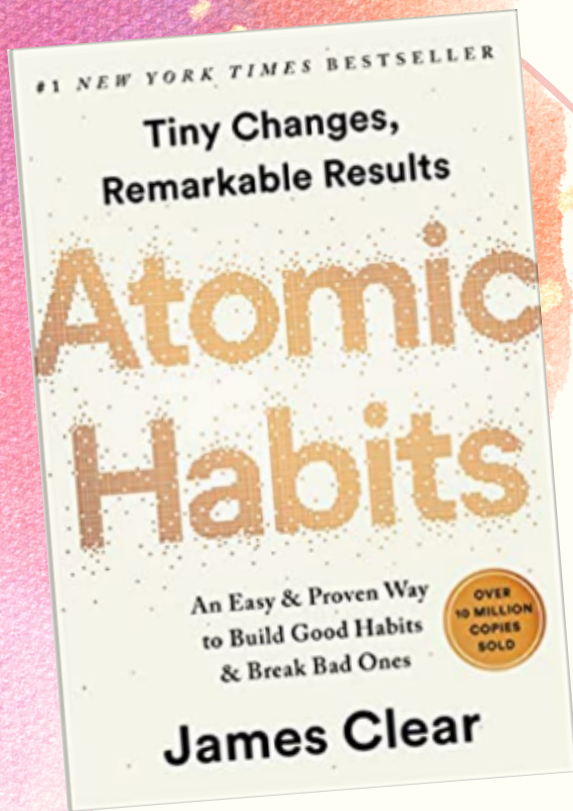




Miss Natalie Yeung

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

Author: James Clear

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A new year is always the best time to take stock and start fresh. 2023 has arrived, do you have the “new year, new me” mentality and would like to set and accomplish some new goals this year? However, the fall apart of New Year’s resolutions is a ubiquitous phenomenon. In accordance with a survey conducted by the New York Post, almost half of the respondents abandoned their top goals by the second quarter of a year. Akin to the crowd, I have set a multitude of goals but it never seems to move a needle. With a wish to hit fresh goals, I have revisited one of my favourite self-help books “Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones” by James Clear and I would like to share some of the practical means as suggested by the author.

The book focuses on the gravity of small, consistent changes to form long-lasting habits and achieve goals. Upholding the concept of "atomic habits," which are tiny and incremental changes that compound over time to produce significant results, a framework for building habits, breaking bad habits, and creating lasting change in one's life is suggested. The book covers a wide variety of topics ranging from the science and psychology of habit formation to the design of an environment that prompts good habits. Argued that small, consistent changes are more effective and sustainable than radical transformations, the author encourages readers to focus on developing good habits. Offered a distinctive sentiment upon success and progress, some techniques and strategies for the transformation of habits are discussed in the book.

The lesson I felt most profound was that true behaviour change is identity change. To create real change, rather than putting the limelight on what you want to do and how you want to accomplish it, focus on who you want to become first. According to Clear, “Every action you take is a vote for the type of person you wish to become.” The idea of setting new goals boils down to being a better person and intrinsic motivation outweighs extrinsic motivation in such a context.

Hence, the ultimate form of intrinsic motivation is when a habit becomes a part of your identity. For instance, if your goal is to exercise more frequently, instead of simply thinking about what kind of prompts can motivate me to exercise, start figuring out the kind of qualities and habits of a physically fit person and act like them. The goal will then be easily accomplished. That’s a wake-up call for me. Most of the time, stress is laid on the techniques rather than tackling the problem at its root. Indeed, accomplishing goals is nothing different from solving all kinds of problems. We can achieve our goals effortlessly only when our identity changes.

It is undeniable that extrinsic motivation can add fuel to our habit transformation and one of the remarkable techniques as suggested by the book is habit stacking. Stacking a new habit with a daily ingrained habit that you already have reminds us to complete the new one. Increasing the attractiveness and lowering the difficulties of the accessibility of new habits are some of the techniques proposed by the author as well.

In a conclusion, the writer offers practical procedural steps for building better habits and ending undesired ones with support from scientific studies in a clear and concise writing style. In light of the thought-provoking insights and practical tips, I highly recommend this book to all of you.