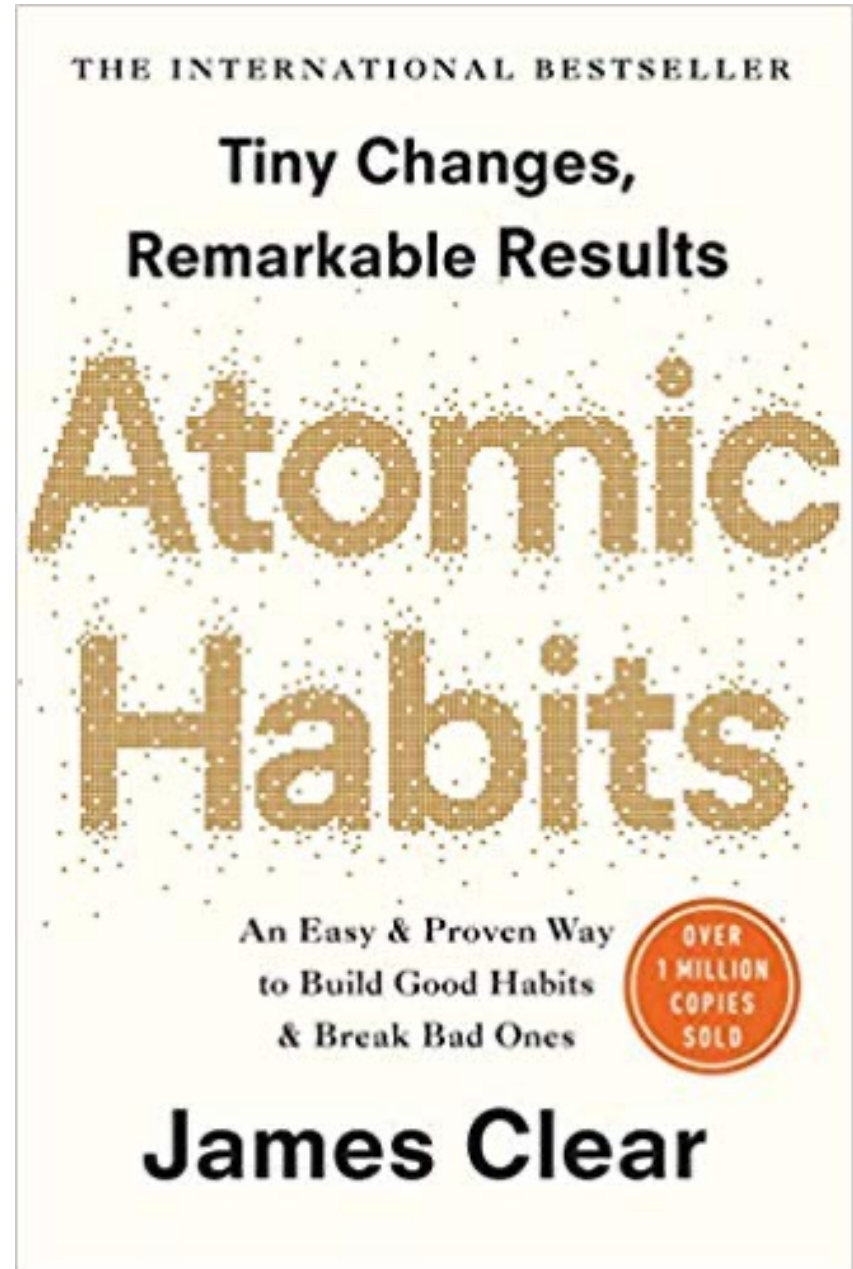


# BOOK INTRODUCTION

James Clear's  
'ATOMIC HABITS', (2018)



*“A journey of a thousand miles  
begins with a single step.”*

from a famous Chinese proverb

# **How do you get to Carnegie Hall?**

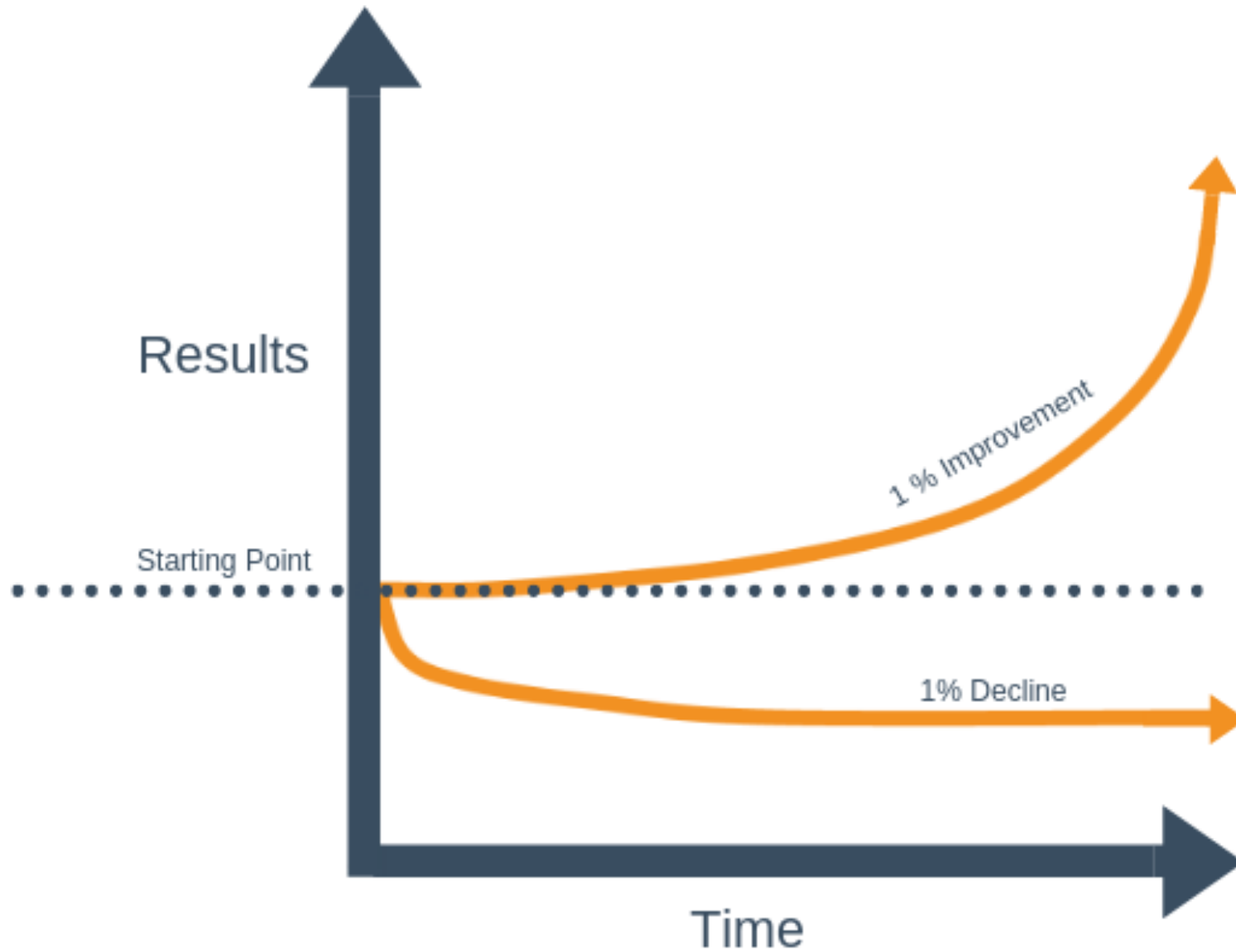
*“Practice, practice, practice.”*

circa 1955...[by a New York City maestro?]

# **“3 Ideas”**

- 1. Start with small, easy pieces of good habits.**
- 2. Don't try to change bad habits, initiate small good habits then grow them with practice.**
- 3. Small activity changes compound into remarkable good habits...then good outcomes.**

# 1% Better Every Day



# **“The 4 Laws of Behaviour Change”**

- 1. Make it obvious.**
- 2. Make it attractive.**
- 3. Make it easy.**
- 4. Make it satisfying.**