

Atomic Habits James Clear

How to break a bad habit in 4 rules

Every rule in the book has a flip side, and the flip side is for breaking a habit. Four rules, one everyday example each, and a ten minute checklist.

THREE CORE IDEAS

1 **A habit is a loop of four steps.**

Cue, craving, response, reward. The book gives one rule for each step. To build a habit you make it obvious, attractive, easy and satisfying. To break one you flip all four.

2 **The four flipped rules.**

Each one has a small everyday version.

INVISIBLE	Charge your phone in the kitchen, not next to your bed.
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UNATTRACTIVE	Name what you get back. "Skipping the energy drink means I fall asleep at a normal time."
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DIFFICULT	Add friction. Log out of the app, move it off the home screen.
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UNSATISFYING	Add a cost you feel now. Tell a friend, and send them two euros for every can.
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3 **Habits are votes for who you are.**

"No thanks, I'm trying to quit" and "No thanks, I'm not a smoker" are almost the same answer, but the second one has stopped fighting. One vote decides little, and votes add up. Missing once is an accident. Try not to miss twice.

DO IT TODAY about 10 minutes

- 1** Pick one bad habit. Only one.
- 2** Write down its cue: where are you, and what time is it, when it starts.
- 3** Make the cue invisible. Move it, hide it or unplug it.
- 4** Add one real fence: a logout, a timer, a step that takes effort.
- 5** Tell one person, and agree on a small cost.
- 6** Pick one tiny vote for the other side. Something you can do tonight.

Who it's for. You liked the one percent idea and nothing in your days changed.

The habit loop is not new with this book (Charles Duhigg wrote about one earlier), and the four rules are the author's way of putting older research into one list, not a lab result. Useful, but don't treat it like physics.

A plain-words summary written by Pep Secanell, not a replacement for the book. Read Atomic Habits for the full story.

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