

Atomic Habits James Clear

Fix the system, not the goal

A goal is the result you want. A system is what you do every day to get there. This page turns the book's idea into one tiny habit you can start today.

THREE CORE IDEAS

1 **Goals are results. Systems are daily actions.**

A goal is the result you want, like running a 10K. The system is what you do every day to get there. The author argues that when a habit fails, the system broke. Not you.

2 **Small gains add up.**

A tiny habit can feel like nothing. The book's bet is that a bit better each day grows like interest on savings.

3 **Start from who you want to be.**

Habits last when they start from identity, like "I'm someone who reads", and not only from a target.

You fall to the level of your systems.

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DO IT TODAY about 5 minutes

- 1 **Pick one habit.**
- 2 Shrink it until it's almost too small to skip.
- 3 Put what you need where you'll see it. Shoes by the door.
- 4 Do the tiny version once, today.

Who it's for. Anyone who restarts the same habit every Monday.

These are the book's ideas in plain words, not a result of mine. Try the steps for a week and see what happens.

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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