

Tiny Changes. Remarkable Results

Atomic Habits

James Clear

 THINKABLED

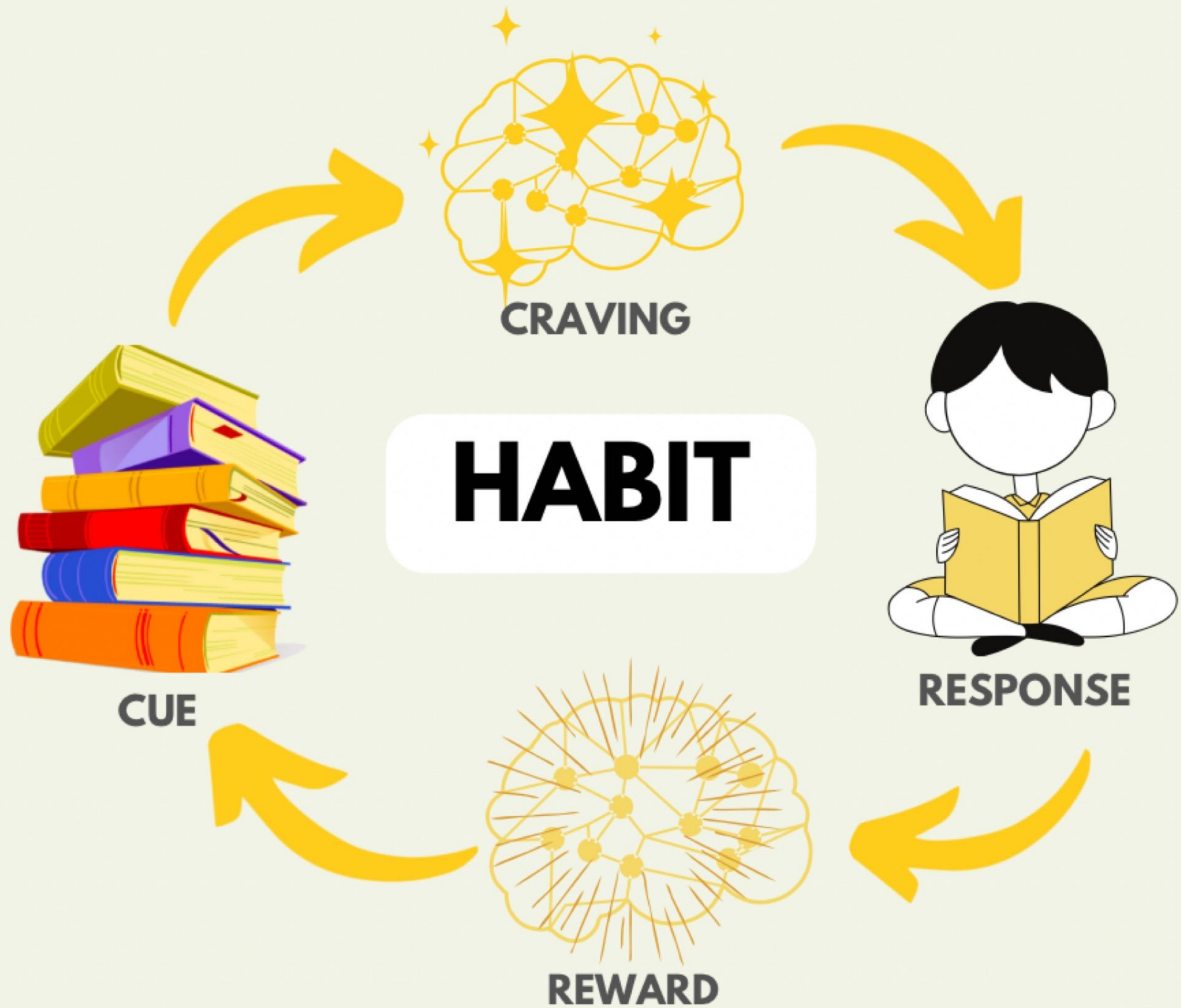
James Clear suffers from a serious injury during a baseball game that left him with a **broken nose, multiple skull fractures and two shattered eye sockets**. He suffered from double vision, post-traumatic seizures and struggled with basic motor skills. When he returned to the baseball field after year, **he was the only junior to be cut from the varsity baseball team.**

Fast forward to six years later, James Clear was selected as the **top athlete at Denison University** and was named to the **ESPN Academic All America Team**. He was also awarded the highest academic honour, the **President's Medal**, that same year.

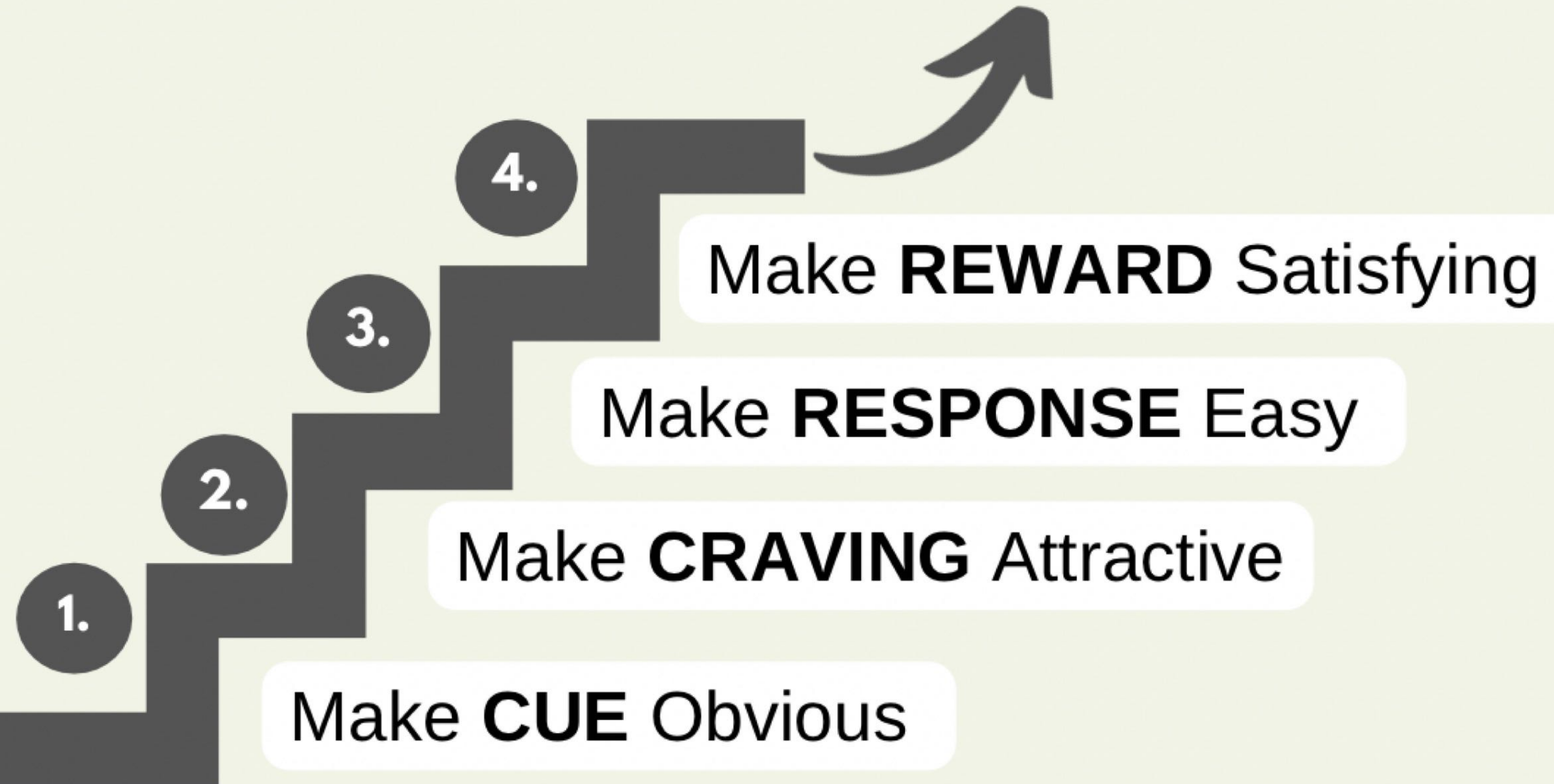
What Changed James Clear's Life?



Four Elements of Habit Loop



How To Form Good Habits



1.

Make **CUE** Invisible

2.

Make **CRAVING** Unattractive

3.

Make **RESPONSE** Difficult

4.

Make **REWARD** Painful



How To Break

Bad Habits

The Road To Greatness



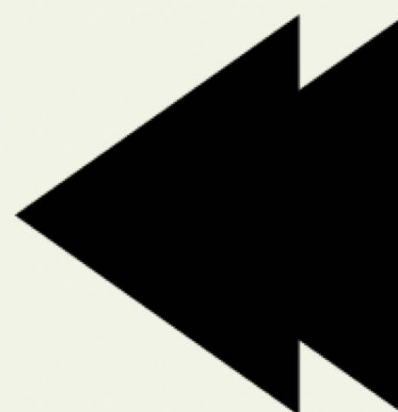
Make habits
your
IDENTITY

1.



Choose
habits
which align
with your
GENES

2.



REVIEW
your habits
periodically

3.

**For complete summary
on**

Atomic Habits

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