

"Atomic Habits" by James Clear

A habit is a behavior that has been repeated enough times to become automatic.

The Habit Cycle	<i>If you want to...</i>	
	Create a Habit make it	Break a Habit make it
Cue	Obvious	Invisible
Crave	Attractive	Unattractive
Respond	Easy	Hard
Reward	Satisfying	Unsatisfying

Researchers estimate that 40 to 50 percent of our actions on any given day are done out of habit.

**Improve 1%
each day.**

Goals are good for setting a direction, but **systems are best for making progress**. *Winners and losers have the same goals.*

It's not always about what happens during the workout. It's about being the type of person who doesn't miss workouts.

Missing once is an accident. Missing twice is the start of a new habit.

"When a measure becomes a target, it ceases to be a good measure."

Emotions drive behavior. Every decision is an emotional decision at some level. Whatever your logical reasons are for taking action, you only feel compelled to act on them because of emotion.

When scientists analyze people who appear to have tremendous self-control, it turns out those individuals aren't all that different from those who are struggling. Instead, **"disciplined" people are better at structuring their lives in a way that does not require heroic willpower and self-control.** In other words, they spend less time in tempting situations.