Atomic Habits

A Simple Checklist

Create a habit

- [ ] Define your habit : "I will [_ _ _] at [time] in [location]."

- [ ] Create a visual cue to encourage your new habit.

- [ ] Pair your new habit with an existing habit.

- [ ] Make your new habit easy and enticing.

Quit a habit

- [ ] Remove cues from your environment.

- [ ] Make it difficult to do or out of reach.

- [ ] Highlight the benefits of quitting your habit.

- [ ] Highlight the disadvantages of keeping your habit.

Habit Awareness

- [ ] Use a habit scorecard.

- [ ] Start a journal of your daily habits.

- [ ] Use a habit tracker.