Atomic habits

Perseverance is as much about creating good habits that make it easy for you to move in the right direction as it is about energy you expend working towards your goals. Atomic habits (Clear, 2018) are formed by making tiny, incremental changes to your environment and behaviour that lead to big changes over time.

Whether you want to start a good habit or break a bad one, the framework is the same:

	CUE	CRAVING	RESPONSE	REWARD						
	Some information that indicates a reward	A desire to do something to get the reward	An action needed to get the reward	Satisfaction from receiving the reward						
Building good	1 MAKE IT OBVIOUS	2 MAKE IT ATTRACTIVE	3 MAKE IT EASY	4 MAKE IT SATISFYING						
habits	Make a list of the habits you want so you can become more aware of them.	Link your new habit to something else you want to do or happen.	Reduce the number of steps between where you and your new habit.	Create a system that consistently rewards you for practicing your habit.						

	CUE	CRAVING	RESPONSE	REWARD						
	Some information that indicates a reward	A desire to do something to get the reward	An action needed to get the reward	Satisfaction from receiving the reward						
Breaking <i>bad</i>	1 MAKE IT INVISIBLE	2 MAKE IT UNATTRACTIVE	3 MAKE IT DIFFICULT	4 MAKE IT UNSATISFYING						
habits	Completely remove bad habit cues from your environment.	Focus on the benefits of avoiding the habits you want to break.	Increase the number of steps between you and your bad habits.	Make the costs of your bad habits undesirable.						

Once the framework is in place, all that remains is to track the habit over time (mark with an X).

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31