

# Atomic Habits Workshop

## How to Build Good Habits and Break the Bad Ones

### Atomic Habit Highlights

- Give greater respect to small habits
- Consciously choose your habits vs letting them happen to you
- Get time (compounding) working for you not against you
- Time x Habits = Results
- **Habits make your life!**

**What are some good habits that you have that have served you well?**

_____	_____
_____	_____
_____	_____

**What are some bad habits that you have that you want to stop?**

_____	_____
_____	_____
_____	_____

## Who are you?

- **Your identity drives your habits AND your habits support and reinforce your identity**

IDENTITY	MATCHING HABITS

# Strategies to Build Good Habits

1. **Make it Obvious** - (Place triggers in front of you)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. **Make it attractive** (Bundle with positive, join a group)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. **Make it easy** ( Reduce friction/Prime the environment/Automate)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Make it satisfying** (Immediate rewards, Habit tracker)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Strategies to Build Good Habits

## 1. Make it invisible (Remove Cues)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Make it unattractive (Reframe your mindset /Repetition and emotion)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 3. Make it difficult (Increase friction/Increase number of steps)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 4. Make it unsatisfying (Public declaration/Accountability partner/ fine)

I will: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Revise Your Morning Ritual

TIME	CURRENT ACTIVITY
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	

TIME	CURRENT ACTIVITY
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	

## Review Your Tribes

What groups are you a part of?

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How do those groups impact you?

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How will you adjust the time you spend with those groups in the future?

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### What's Next?

- Start applying the Atomic Habits strategies
- Keep momentum and keep moving forward!
- Partner with an accountability coach or accountability partner.
- Think long term.
- Changing your habits will create dramatically different results!