

Atomic Habits

by James Clear

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

 01

The Two-Minute Rule

Scale any habit down to a version that takes under two minutes. Read one page. Do one push-up. Lower the activation energy until starting is trivial - the rest follows.

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 02

Design Your Environment

Rearrange your physical space so cues for good habits are visible and cues for bad ones disappear. Make the right choice the easy choice.

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 03

Implementation Intention

Schedule your next habit precisely: write 'I will [behavior] at [time] in [location].' Research shows people who do this are 2-3x more likely to follow through.

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 04

Habit Stacking

Attach a new habit to an existing one: 'After I [current habit], I will [new habit].' Build chains until the routine runs itself.

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 05

Never Miss Twice

Missing once is an accident. Missing twice is the start of a new (bad) habit. Recover immediately - the habit is defined by what you do after you fail, not the failure itself.