

WHAT'S YOUR HABIT SYSTEM SCORE?

# Atomic Habits

by James Clear

A 5-question diagnostic based on James Clear's Four Laws

Rate yourself 1 (never) to 5 (always). Total your score at the end to see where your system stands.

**LAW 1 - MAKE IT OBVIOUS**

**I have a specific plan - written as 'I will [behavior] at [time] in [location]' - for the habits I want to build.**

*Implementation intentions. Research shows people who plan when/where are 2-3x more likely to follow through.*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Never	Rarely	Sometimes	Often	Always

**LAW 2 - MAKE IT ATTRACTIVE**

**The environment I spend most of my time in makes my good habits obvious and my bad habits invisible.**

*Environment design. You don't need more discipline - you need better cues.*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Never	Rarely	Sometimes	Often	Always

**LAW 3 - MAKE IT EASY**

**I've shrunk my key habits so that starting takes less than two minutes.**

*The Two-Minute Rule. Lower activation energy until starting is trivial; momentum does the rest.*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Never	Rarely	Sometimes	Often	Always

**LAW 4 - MAKE IT SATISFYING**

**I track my habits somewhere I can see the streak - a calendar, app, or paper grid.**

*Habit tracking. Immediate visible evidence of progress beats delayed rewards.*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Never	Rarely	Sometimes	Often	Always

**LAW 5 - NEVER MISS TWICE**

**When I miss a day, I recover the very next day - I treat one miss as an accident, never two in a row.**

*The cost of missing once is small. The cost of missing twice is the start of a new identity.*

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

**YOUR SCORE**

**Total: \_\_\_\_\_ / 25**

### **22-25 Architect**

Your system runs itself. Your job now is to protect it from disruption and raise the ceiling - not to add more.

### **17-21 Builder**

Strong foundation. One or two laws are slipping; fix the weakest link and the whole system lifts.

### **12-16 Apprentice**

You have ideas about habits but not yet a system. Pick one law and engineer it for 30 days before touching the others.

### **5-11 Willpower Dependent**

You're relying on motivation, which is why nothing sticks. Motivation is unreliable - design your environment and the habit runs itself.

*-> Reread the book. Pick your lowest-scoring law. Make one change this week.*