

A 1% Presentation

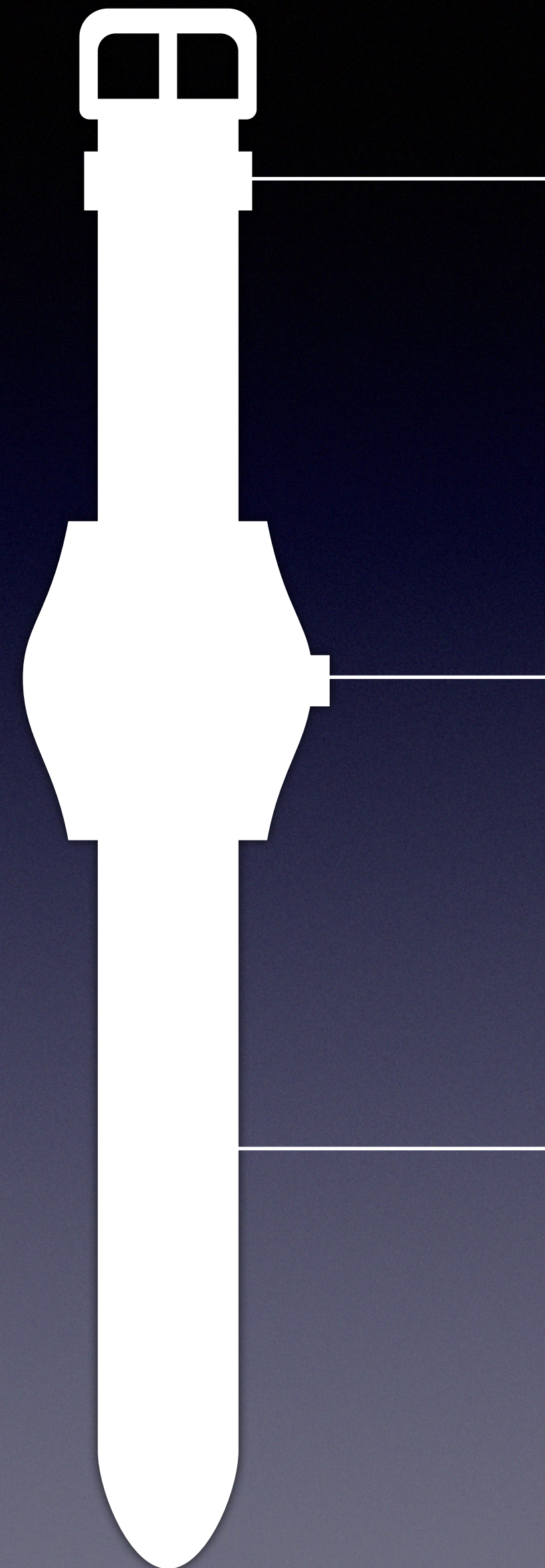
By Aniket Rai

The Flow

- About the Book
- About the Author
- Summarising the whole book
- Pro Tips
- Resources

About Atomic Habits

- Who is this book good for?
- Why this book needs to be read?
- Since this is such a page-turner; why this book needs to be deliberately read slowly so that you can work on action points simultaneously.



2002
The Baseball Bat
Incident

2012
The Writer Begins

2018
The Writer Arrives

The Fundamentals

- Power of 1%
- Plateau of Latent Potential
- Forget about Goals, Focus on the Systems instead
- Three Layers of Behaviour Change
- C.C.R.R

The First Law - Make it obvious

- Pointing & Calling
- Habits Scorecard
- Implementation Intention
- Habit Stacking
- Design your environment

The 2nd Law - Make it Attractive

- Habit Stacking + Temptation Bundling
- Role of Family & Friends
- Inversion

The 3rd Law - Make it Easy

- Motion Vs Action
- The Habit Line
- Two Minute Rule

The 4th Law

- Cardinal Rule
- Habit Tracking
- Habit Contract

Advanced Habits

- The Goldilocks Rule
- “Professionals stick to their habits; Amateurs allow life to get in way”

Pro-Tips

- Re-read
 - Introduction at the end
 - Build One Habit at a Time & once that habit has been established; read this book again for the next habit.
- Get into Communities
- Book Stack Combinations
 - Atomic Habits + Focus [Deep Work]
 - Atomic Habits + Productivity [Getting Things Done]

Resources

Buy the book & then forward your purchase receipt to **1book@atomichabits.com** to receive the bonus content from James Clear which includes Habit Tracker Template

