

# 10 HELPFUL ARTICLES FOR APPLYING ATOMIC HABITS

Here is our comprehensive roundup of 10 articles dedicated to exploring the concepts James Clear shared at his event and in Atomic Habits.

If you're looking to unlock the power of small changes for massive results in your personal and professional life, this is a great resource to read and share. These articles cover a wide range of topics, from making habits stick, healthy habits for leaders, applying habits in business, tips and techniques, and overcoming obstacles to self-improvement.

So, grab a cuppa and immerse yourself in the wisdom of James Clear's 'Atomic Habits' and start paving the way to a better, more fulfilling future.

### **1 HAPPY TEAMS, HIGH PERFORMANCE: 2 PRIZES OF ATOMIC HABITS**

One or two major transformations may not lift your team performance and happiness as powerfully as dozens of small, seemingly insignificant habits.

### **2 HOW YOUR DAILY HABITS BUILD MOTIVATION (NOT THE OTHER WAY AROUND)**

The most surprising thing about motivation is that it often comes after starting a new behaviour, not because of it.

*"Motivation is often the result of action, not the cause of it."* - James Clear

### **3 ARPITA'S STORY: CHANGING MY NIGHT OWL IDENTITY TO BECOME A MORNING PERSON**

For years, Adobe production lead, yoga instructor and resilience coach Arpita Patel wanted to be a morning person. After reading 'Atomic Habits', she primed herself to give it a go.

### **4 7 HEALTHY HABITS FOR LEADERS**

Seven areas where leaders can develop healthy habits today.

### **5 HOW YOU BUILD LASTING HABITS: THE ART OF MAKING HABITS STICK**

By making an activity obvious, attractive, easy and satisfying, you're more likely to stick with it.

### **6 10 IDEAS FOR GETTING 1% BETTER EVERY DAY WITH ATOMIC HABITS**

If you can get 1% better every day for a year, you'll end up 37 times better by the time the year is up. A slight change in your daily habits can guide your life to a very different destination.

## **7 HOW THE ATOMIC HABITS 4 LAWS OF BEHAVIOUR CHANGE CAN APPLY IN YOUR BUSINESS**

Great insights from 'Atomic Habits' bonus chapter: 'How to Apply These Ideas to Business'.

## **8 OUR FAVOURITE QUOTES FROM ATOMIC HABITS**

*"Every action you take is a vote for the person you wish to become."*

*"Habits are the compound interest of self-improvement."*

And, many more quotes on the power of good-habit making.

## **9 TIPS FROM OUR JAMES CLEAR MASTERCLASS ON ATOMIC HABITS**

"We just go our about day following our habits, but then, three years on, 'Knock, Knock, Who's There? Oh, it's the consequences of my actions'", James Clear told Growth Faculty.

## **10 LEADERSHIP MASTERCLASS WITH HOLLY RANSOM**

The moderator of Atomic Habits - James Clear Live, Holly Ransom teaches a masterclass about better leadership habits, especially when leading through uncertainty.

### **Bonus article:**

## **KATY MILKMAN: HOW TO CHANGE DESPITE THOSE OBSTACLES INSIDE YOU**

A great companion to 'Atomic Habits', Katy Milkman's book 'How to Change' will help you to identify and overcome your personal obstacles that are the barriers to change.

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