

# Praxis

Big Ideas. Practical Action.

## Atomic Habits

by James Clear

*"You do not rise to the level of your goals. You fall to the level of your systems."*

From the Praxis Series: Tools to Think, Act, and Change

## Atomic Habits - Summary

James Clear's Atomic Habits outlines how small, consistent changes create remarkable long-term results. By focusing on systems instead of goals and leveraging the 4 Laws of Behavior Change, you can build better habits that stick. This guide is designed to help you apply those laws and track your progress.

## Top 5 Takeaways

1. Focus on identity-based habits: who you want to become.
2. Use the 4 Laws of Behavior Change: Make it Obvious, Attractive, Easy, and Satisfying.
3. Design your environment to support your habits.
4. Track your habits for reinforcement and accountability.
5. Small habits compound - consistency beats intensity.

## Habit Design Worksheet

- Who do I want to become? (identity)

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- What habit reinforces that identity?

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- How can I make the habit obvious (cue)?

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- How can I make it attractive and easy?

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- What reward or satisfaction will follow?

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## Implementation Tips

- Use habit stacking: "After I [current habit], I will [new habit]."
- Add visual cues in your environment (e.g., running shoes by the door).

- Track your habit daily - don't break the chain.
- Start small and celebrate consistency, not intensity.
- Set reminders on your phone or calendar for habit cues.

30-Day Habit Tracker

Day	Date	Habit + Reflection
1	_____	
2	_____	
3	_____	
4	_____	
5	_____	
6	_____	
7	_____	
8	_____	
9	_____	
10	_____	
11	_____	
12	_____	
13	_____	
14	_____	
15	_____	
16	_____	
17	_____	
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20	_____	
21	_____	
22	_____	
23	_____	
24	_____	
25	_____	
26	_____	
27	_____	

28	_____	
29	_____	
30	_____	

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