

# Atomic habits: tiny changes, big results

## The problem

Struggling with the same old habits?  
Self-help books often feel like they're  
all talk and no results.

## The solution

James Clear's Atomic Habits isn't about  
drastic change – it's about tiny steps  
that lead to big transformations.

### Key concepts of "frog-eating"

1st

#### Cue

Example:  
Leave a book on your  
pillow to remind you  
to read before bed.

2nd

#### Craving

Example:  
Pair a habit with  
something fun (like  
listening to a playlist  
while working out).

3rd

#### Response

Example:  
Use the "Two-minute  
rule" to start small—  
just two minutes  
of meditation  
or stretching.

4th

#### Reward

Example:  
Reward yourself with  
something you love  
after completing the  
habit, like a snack  
or a show.

### Actionable tips:

- ◆ **Make it obvious:** Put a large water bottle on your desk to remind you to hydrate. Pro tip: Use [Awesome Habits](#) to send you daily reminders.
- ◆ **Make it attractive:** Pair workouts with a favorite playlist or podcast.
- ◆ **Make it easy:** Start small. For example, begin with 5-minute stretches and build from there.
- ◆ **Make it satisfying:** Reward yourself with small treats like a coffee or a binge-worthy show.

### Apps to stick to new habits:

- ◆ **Awesome Habits:** Track your goals with reminders and progress reports.
- ◆ **Structured:** Plan your day and add habits to stay on track.
- ◆ **Be Focused:** Use the Pomodoro technique to maintain focus and avoid distractions.
- ◆ **Mental Walk:** Write your thoughts or reflect on a question to discover what makes you feel better.

### Final thoughts:

Atomic habits is all about making small tweaks to your routine, so don't wait for Monday – start today with something small. Building habits one step at a time leads to bigger, lasting changes.



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