

Atomic Habits

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Hello and welcome to a book study on Atomic Habits! We will cover the entire book this trimester. Students are expected to come to class prepared and ready to participate. All assignments should be completed prior to coming to class.

Week One: The Fundamentals: Why Tiny Changes Make a Big Difference

- Chapter 1: The Surprising Power of Atomic Habits
- Chapter 2: How Your Habits Shape Your Identity (and Vice Versa)
- Chapter 3: How to Build Better Habits in 4 Simple Steps

Week 2: The 1st Law: Make It Obvious

- Chapter 4: The Man Who Didn't Look Right
- Chapter 5: The Best Way to Start a New Habit
- Chapter 6: Motivation Is Overrated; Environment Often Matters More

Week 3: Inversion of the 1st Law: Make It Invisible

- Chapter 7: The Secret to Self-Control

Week 4: The 2nd Law: Make It Attractive

- Chapter 8: How to Make a Habit Irresistible
- Chapter 9: The Role of Family and Friends in Shaping Your Habits

Week 5: Inversion of the 2nd Law: Make It Unattractive

- Chapter 10: How to Find and Fix the Causes of Your Bad Habits

Week 6: The 3rd Law: Make It Easy

- Chapter 11: Walk Slowly, but Never Backward
- Chapter 12: The Law of Least Effort
- Chapter 13: How to Stop Procrastinating by Using the Two-Minute Rule

Week 7: Inversion of the 3rd Law: Make It Difficult

- Chapter 14: How to Make Good Habits Inevitable and Bad Habits Impossible

The 4th Law: Make It Satisfying

- Chapter 15: The Cardinal Rule of Behavior Change
- Chapter 16: How to Stick with Good Habits Every Day

Week 8: Inversion of the 4th Law: Make It Unsatisfying

- Chapter 17: How an Accountability Partner Can Change Everything

Week 9: Advanced Tactics: How to Go from Being Merely Good to Being Truly Great

- Chapter 18: The Truth About Talent (When Genes Matter and When They Don't)
- Chapter 19 The Goldilocks Rule: How to Stay Motivated in Life and Work