

NEW YORK TIMES BESTSELLER

Tiny Changes,
Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones

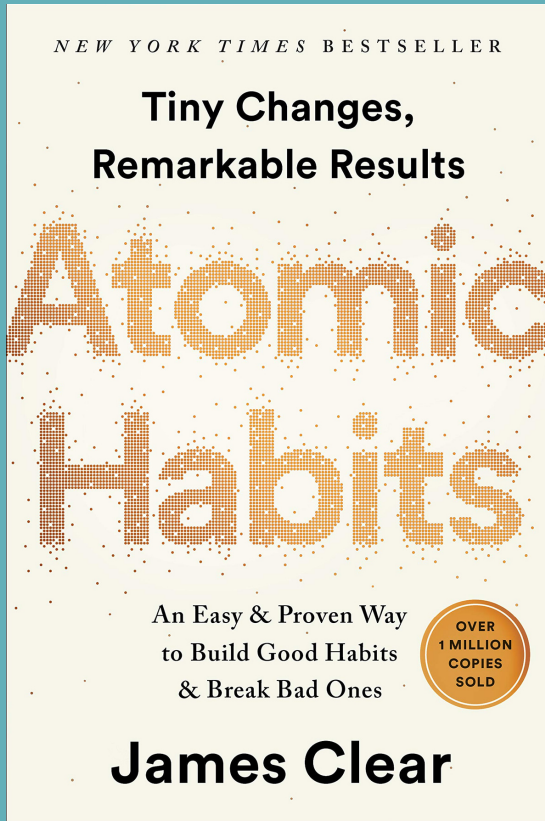


James Clear

**ZACK'S FIVE FAVORITE
QUOTES AND LESSONS**

Atomic Habits

James Clear



Long-term dividends of hard work:

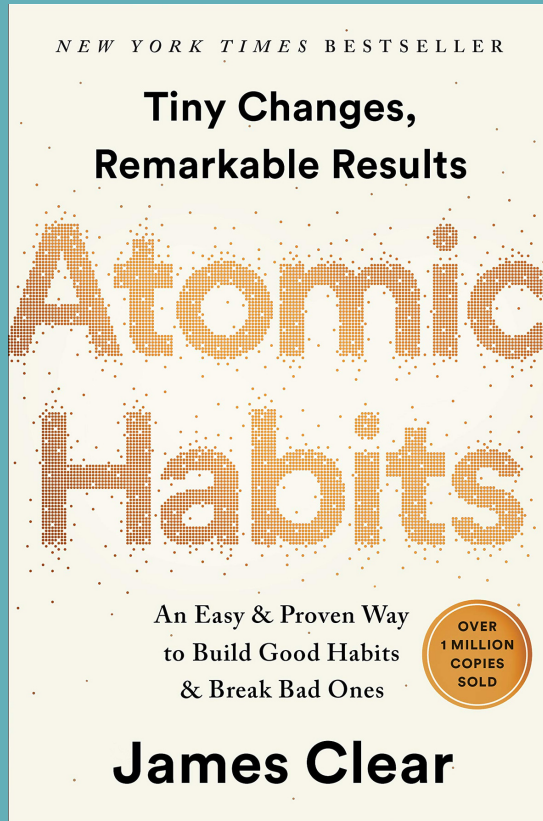
When you finally break through, people will call it an overnight success. ... But you know that **it's the work you did long ago** - when it seemed that you weren't making any progress - that makes the jump today possible.



Permanence of improvement:

*Improvements are only temporary until they **become a part of who you are.***

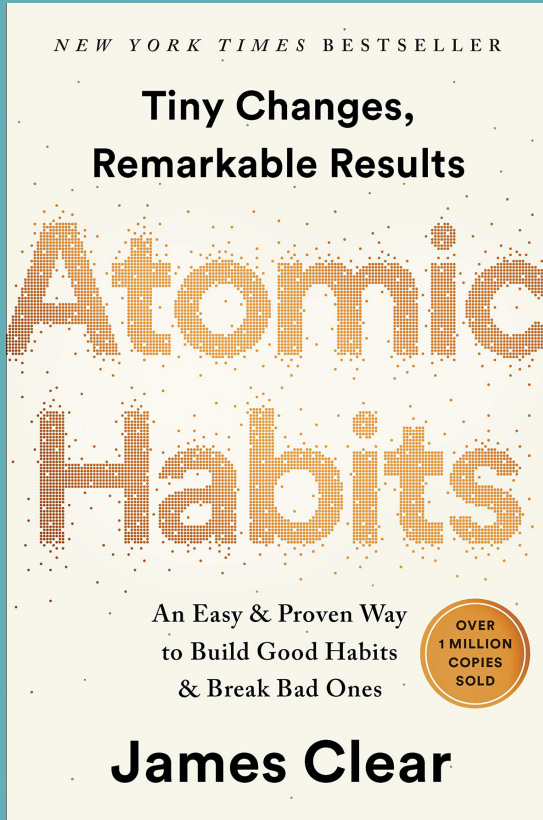
The goal is not to read a book, the goal is to become a reader. The goal is not to run a marathon, the goal is to become a runner.





Motion versus action:

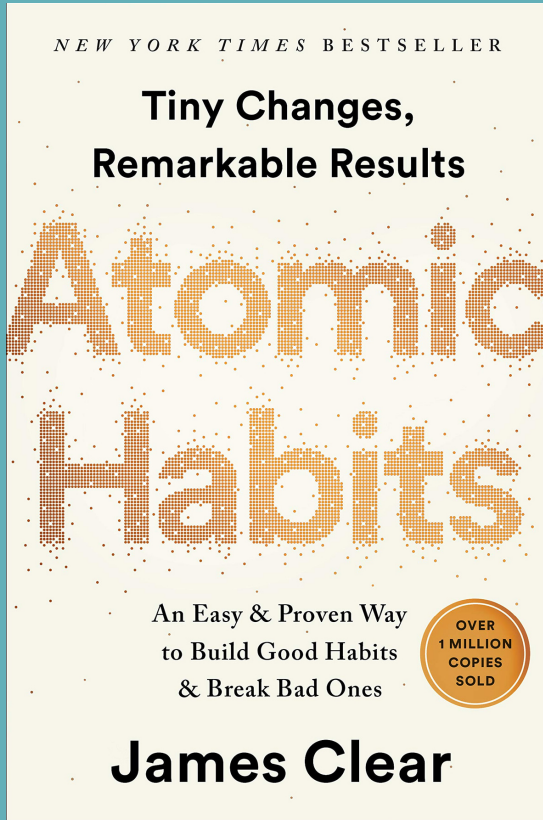
*Motion makes you **feel like you're getting things done**. But really, you're just preparing to get something done. When preparation becomes a form of procrastination, you need to change something.*





Visual measures of progress:

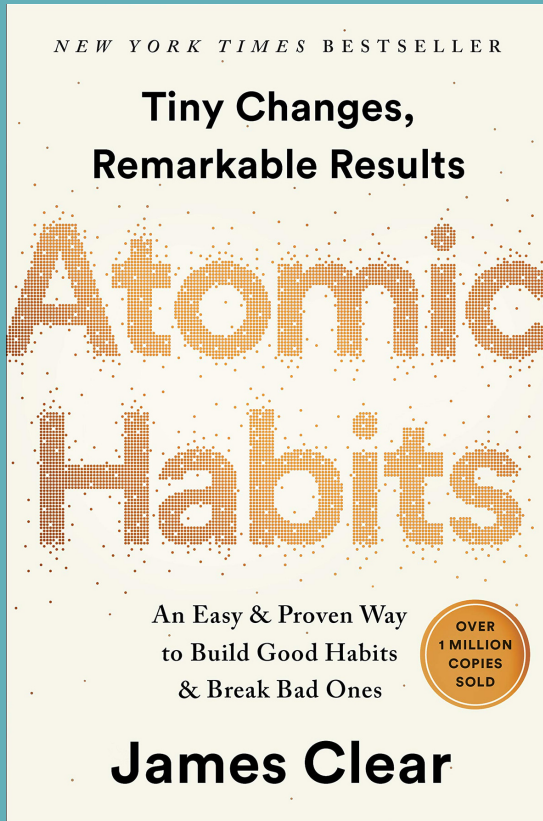
*Making progress is satisfying, and **visual measures provide clear evidence** of your progress. As a result, they reinforce your behavior and add a little bit of immediate satisfaction to any activity.*

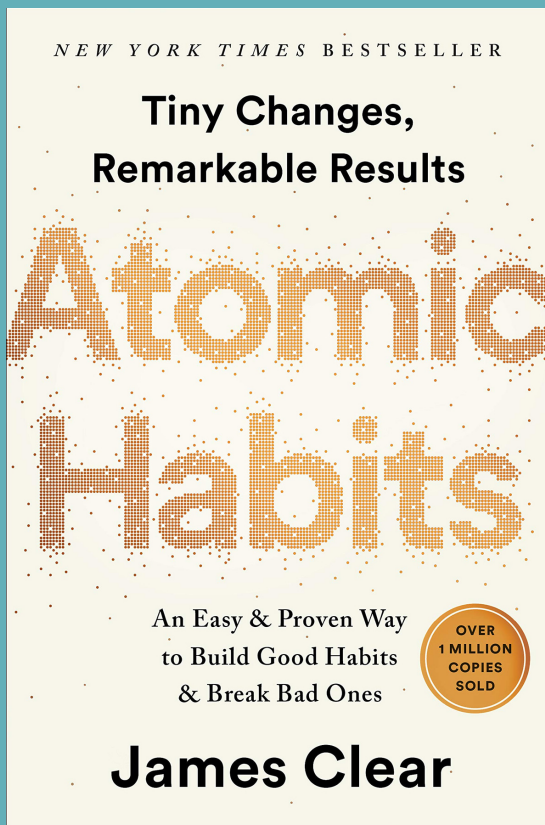




Knowing what to work on:

*Our genes do not eliminate the need for hard work. They clarify it. ... Once we realize our strengths, we know **where to spend our time and energy**. We know which types of opportunities to look for and which types of challenges to avoid.*





In the comments below, tag a friend or colleague who should check out this book.



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