Twitter Thread by Wealth Health Money

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■ Life-Changing Lessons From The Book:

■ “Atomic Habits“ ■

■ Book Review (Thread)

1■ Get 1% Better Every Day

■ People often try to take bigger steps than they usually do. In most cases, this leads to failure. That improving yourself by 1% every day will have a bigger impact on your personality and your habits than taking big steps once a month.

2■ Change Your Identity To Change Your Habits

■ Improving just 1% every day leads to dramatic results. Just a 1% increase every day yields a 37x improvement by the end of the year. “Habits are the compound interest of self-improvement” and “You are what you repeat”.

3■ The Habit Loop

■ At the core of this book is The 4-Step Habit Loop:

■ Cue
■ Craving
■ Response
■ Reward

All our habits need to have these 4 elements to stick.
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■ How To Create Good Habits:

■ Cue – Make it obvious

■ Craving – Make it attractive

■ Response – Make it easy

■ Reward – Make it satisfying

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■ How To Get Rid of Bad Habits:

■ Cue – Make it invisible

■ Craving – Make it unattractive

■ Response – Make it difficult

■ Reward – Make it unsatisfying

4■ Be Happy Now, Not Later

■ Stop waiting for things to happen in order to be happy. Do what you can to be happy now.

5■ Small Steps Lead To Big Changes

■ “A journey of 1000 miles begins with 1 step”

6■ The Power of Rewards

■ Rewards make you satisfied. Give yourself an immediate reward when you complete your habit.

7■ Consistency Is All You Need

The entire concept of improving yourself by 1% every day is based on consistency. Sticking to a new habit is not about time, it’s about frequency. If you do something every day, your progress in 1 month will be bigger than if you do it once a week.

8■ Systems Are More Important Than Goals

If successful and unsuccessful people share the same goals, then the goal cannot be what differentiates the winners from the losers.
Everyone has goals, but only a few people will take the effort and build systems to achieve these goals

9■ Never Miss Twice

■ The first mistake is never the one that ruins you. It is the spiral of repeated mistakes that follows. Missing once is an accident. Missing twice is the start of a new habit.

■ The 2-Minute Rule

■ The 2-minute rule is a powerful technique to avoid procrastination. Think about using the phone, you open it to check the time or to see what’s new, but end up spending a full hour scrolling through social media.