Twitter Thread by Vidya Ganesh

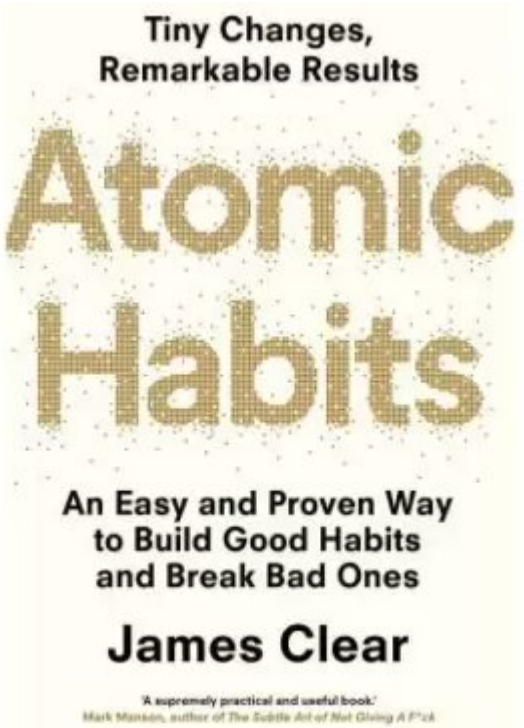
Vidya Ganesh
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1/20
MY TAKEAWAYS FROM ATOMIC HABITS by @JamesClear

A spectacular book that focuses on building HABITS following SYSTEMS to achieve RESULTS - Instead of the traditional GOAL BASED approach.

It's a highly engaging read with plenty of practical examples .

#BookRecommendation



2/20
Your OUTCOMES are a lagging measure of your HABITS . Although difficult to appreciate on a daily basis , they MATTER IMMENSELY.
Change your habit ,to change the outcome.

It doesn't matter WHERE you are currently,

CHANGE YOUR HABIT TO CHANGE THE TRAJECTORY OF YOUR LIFE!■

THE CONCEPT OF AGGREGATION OF MARGINAL GAINS.

A strategy which searches for "TINY MARGIN OF IMPROVEMENT" in EVERYTHING you do.

RESEARCH – ITERATE – REPEAT

Basically ZERO IN ON THE REQUIREMENT – THE TASK AT HAND. Then envision it & break it down in smaller portions

↓

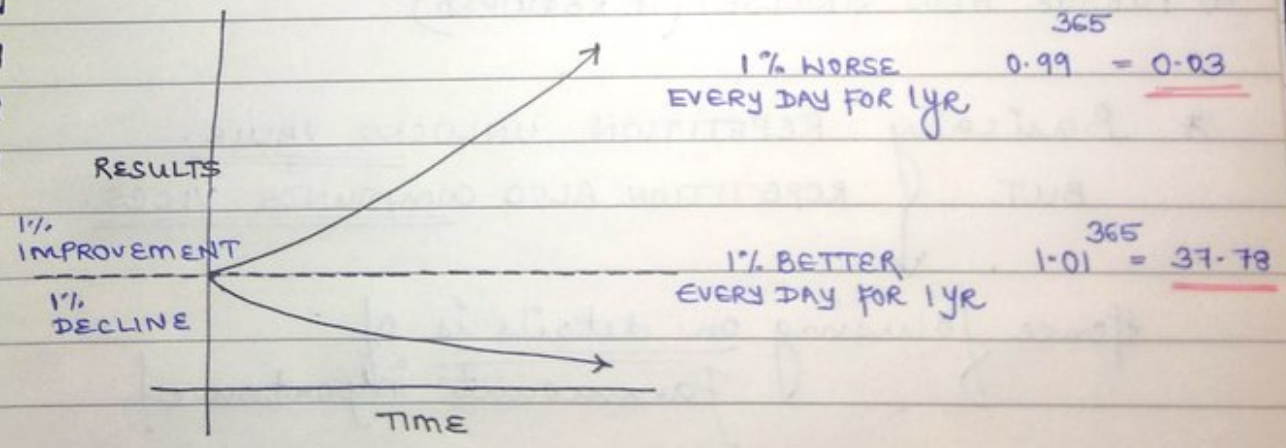
IMPROVE BY 1% EACH DAY

↓

CUMULATIVELY IMPROVE SIGNIFICANTLY. (REFER IMAGE)

Massive success doesn't require Massive Actions. It requires small improvements CONSISTENTLY

1% BETTER EVERY DAY { ILLUSTRATED BEAUTIFULLY }



$0.99^{365} = 0.03$

$1.01^{365} = 37.78$

Leading Edge

NEXT LEVEL

You do not RISE to the level of your GOALS .You FALL to the level of your SYSTEMS .

Why so ?

Both WINNERS & LOSERS have a Goal . What then sets them apart ?

It's having a SYSTEM in place.
Systems are forever & they result in continuous SELF IMPROVEMENT .

Focus on SYSTEMS { GOALS : OVER RATED / SYSTEMS : UNDER RATED }

→ Goals are the results you want to achieve
→ Systems are the processes that lead to those results and hence lend continuous self improvement

ONLY THINKING ABOUT YOUR GOAL WITHOUT ANY SYSTEM — X (causes unhappiness)
↳ (Unique to each one. Find what works BEST for you) STICK TO IT.

ATOMIC HABITS ARE LITTLE HABITS that are part of a larger system. * OUTCOME ORIENTED

SMALL CHANGES SEEM INCONSPICUOUS UNTIL THE CRITICAL THRESHOLD IS CROSSED - Be PATIENT!

Eg: I ensure I shut off my MOBILE when Reading. Proved difficult initially + READING IN SOLITUDE

Results: ① Improved Concentration.
② Thinking in isolation brings clarity.
③ Many things are known, but never acknowledged.
④ HIGH PRODUCTIVITY

Leading Edge

NEXT LEVEL

4/20
Reaching a goal may give rise to emptiness or targetting another goal.
But that isn't the case for systems.

Hence GOALS - OVER RATED SYSTEMS - UNDER RATED

2 small examples on my system based approach for self improvement.

#booklovers

■

CHANGING THE INHERENT YOU IS ESSENTIAL FOR A SYSTEM TO WORK & BE CONTINUED

Don't just make it an Outcome Based Habit! TRUE BEHAVIOUR CHANGE IS IDENTITY CHANGE

It is hard to change our HABITS without changing THE UNDERLYING BELIEF that lead to our PAST BEHAVIOUR

Eg: ① I was "horrible" at reading MAPS.

① MOSTLY BECAUSE I DIDN'T WANT TO UNDERSTAND!.

② SECONDLY BECAUSE I DID NOT THINK I COULD UNDERSTAND!!!...

SYSTEM:

① first changed mindset
② Actually wanted to learn
③ Began with small TRIALS & ["THE PATH" ENVISIONING IT]
④ Went wrongly. GOT LOST :'(:'(
⑤ Understood WHY
⑥ Repeated ③
⑦ Gradually learnt to change approach
⑧ Becoming ~~quiet~~ quite good at it!..:)

Transition took OVER 2 YEARS

Change was VISIBLE only after a LONG TIME

Leading Edge

NEXT LEVEL

5/20
Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become.

Despite knowing better we find that
changing our habits is challenging because :
1) We try to change the wrong thing
2) We try to change our habits in the wrong way.

6/20
The 3 layers of behaviour change
1. Outcome change: WHAT we want to change
2. Process change: HOW we want to change
3. Identity change: WHY change.
(Most important)

A Behaviour that is incongruent with the self will not last.
Why ?

■

* Most people don't even consider "IDENTITY CHANGE" when they set to improve
* We need to shift the way we perceive.

Eg: ① You want good health, but your inherent self priorities COMFORT over ACCOMPLISHMENT.

↓

Result: You will be prone to relaxing.

② You want more money, but inherent nature is of a spend thrift. — You consume more than you earn.

↓

Result: You will be tempted to spend more.

The underlying beliefs that lead to your past behaviour

MUST BE CHANGED to change habits.

HACKS: ① Figure your current identity & beliefs.
② Note habits to be changed.
③ Change existing belief & implement
④ Notice gradual change of behaviour
⑤ Embrace identity change
⑥ Continue with NEW IMPROVED HABITS.

Vidyadh

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NEXT LEVEL

The book then presents

* The science of HOW habits work
* The HABIT LOOP
* The 4 laws of BEHAVIOUR CHANGE.(Different methods to help BUILD Good habits & BREAK Bad ones.)

With the help of many examples to understand how to go about things, the possible problems etc.

8/20
Fun fact ! ■■
We don't need to be aware of the CUE for a habit to begin. No conscious attention is needed.
This is what makes habits USEFUL .

But then THIS IS ALSO what makes them DANGEROUS !
As the MORE we repeat these patterns, the LESS likely we are to question them!

9/20
I liked the concept of #HabitScorecard which helps in becoming more aware of your behaviour.

* Enlist habits
* Rate them
* Create a Habits Scorecard
* Observe events as is
* No criticism . No appreciation
* Acknowledge
* Work towards betterment
* Review

10/20
#ImplementationIntention helps in planning out beforehand WHEN & WHERE TO ACT & thereafter STICKING to them .

SPECIFICS matter as most of us lack NOT Intention , BUT CLARITY.

*Helps in saying NO.
*Ensures FOCUS.
*Helps in TIME MANAGEMENT.
■

IMPLEMENTATION INTENTION

I will (do something xyz) at this (time) at this (location)

{I WILL WALK 10K STEPS AT 6AM IN MY GARDEN}

WHY ?

Helps in CLARITY.

When you know WHAT you WANT, you can say NO to EVERYTHING ELSE that shall act as a deterrant / distraction to it

A great Productivity hack. (HELPS WEED OUT NEGATIVITY)

Eg: I practise giving GRATITUDE every day on waking up & before calling it a day.

↓ helps me

Realigning towards POSITIVITY, ACCEPTING THINGS & ENDING THINGS / A BAD DAY ON A GOOD NOTE

↓

Ensures mind is calm. CLARITY MAINTAINED

↓

Repeat PROCESS.

Leading

NEXT LEVEL

1 concept I loved was #HabitStacking - Adding new habits to existing ones.

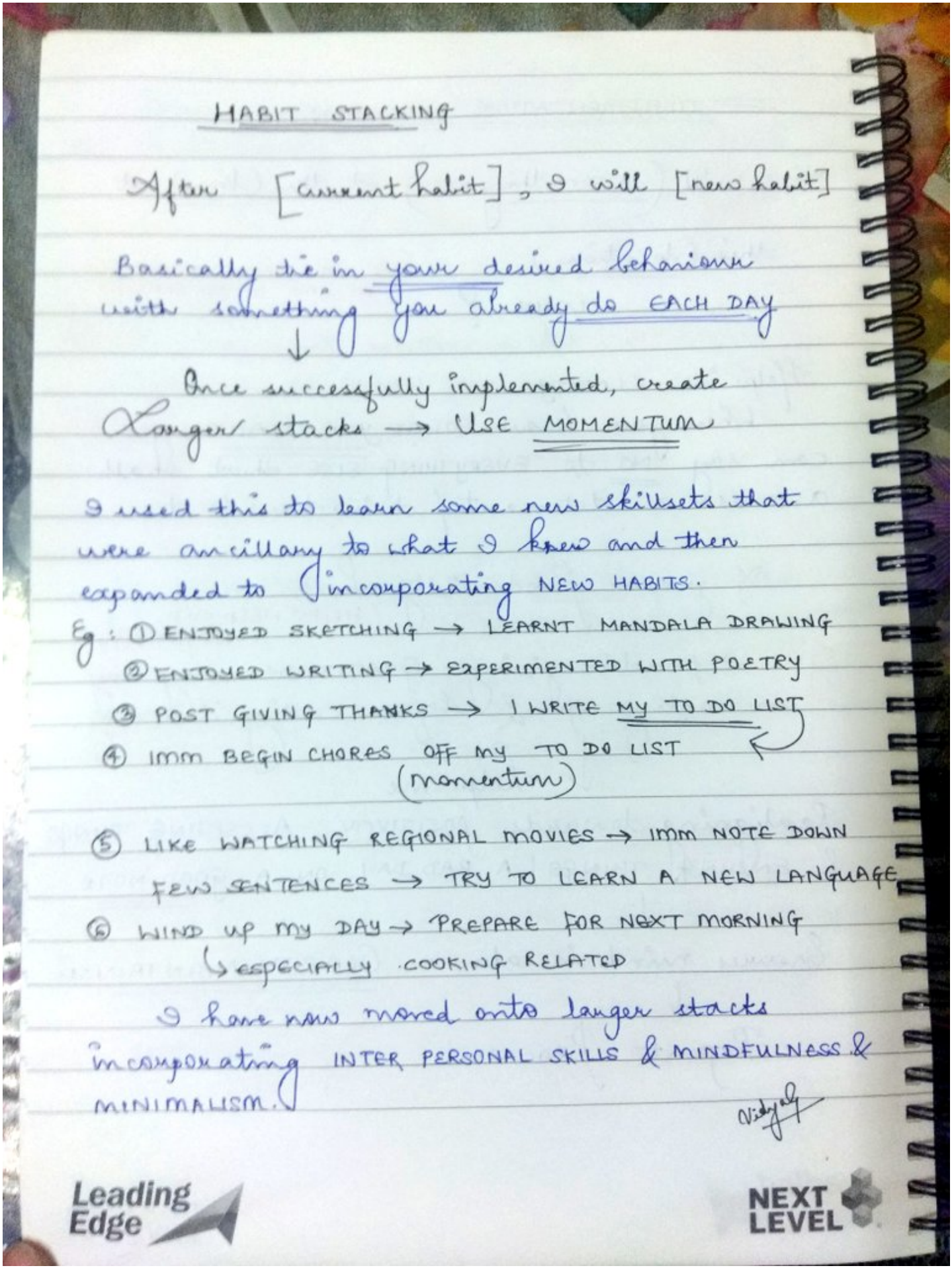
Used to do this unknowingly but it's more fun incorporating it KNOWING HOW to go about it !!

Eg :

*Find something good - Appreciate it.

*Read something good - Make Notes of it.

■


HABIT STACKING

After [current habit], I will [new habit]

Basically tie in your desired behaviour with something you already do EACH DAY

↓

Once successfully implemented, create longer stacks → Use MOMENTUM

I used this to learn some new skillsets that were ancillary to what I knew and then expanded to incorporating NEW HABITS.

Eg: ① ENJOYED SKETCHING → LEARNT MANDALA DRAWING

② ENJOYED WRITING → EXPERIMENTED WITH POETRY

③ POST GIVING THANKS → I WRITE MY TO DO LIST

④ IMM BEGIN CHORES OFF MY TO DO LIST (momentum)

⑤ LIKE WATCHING REGIONAL MOVIES → IMM NOTE DOWN FEW SENTENCES → TRY TO LEARN A NEW LANGUAGE

⑥ WIND UP MY DAY → PREPARE FOR NEXT MORNING

↳ ESPECIALLY COOKING RELATED

I have now moved onto longer stacks incorporating INTER PERSONAL SKILLS & MINDFULNESS & MINIMALISM.

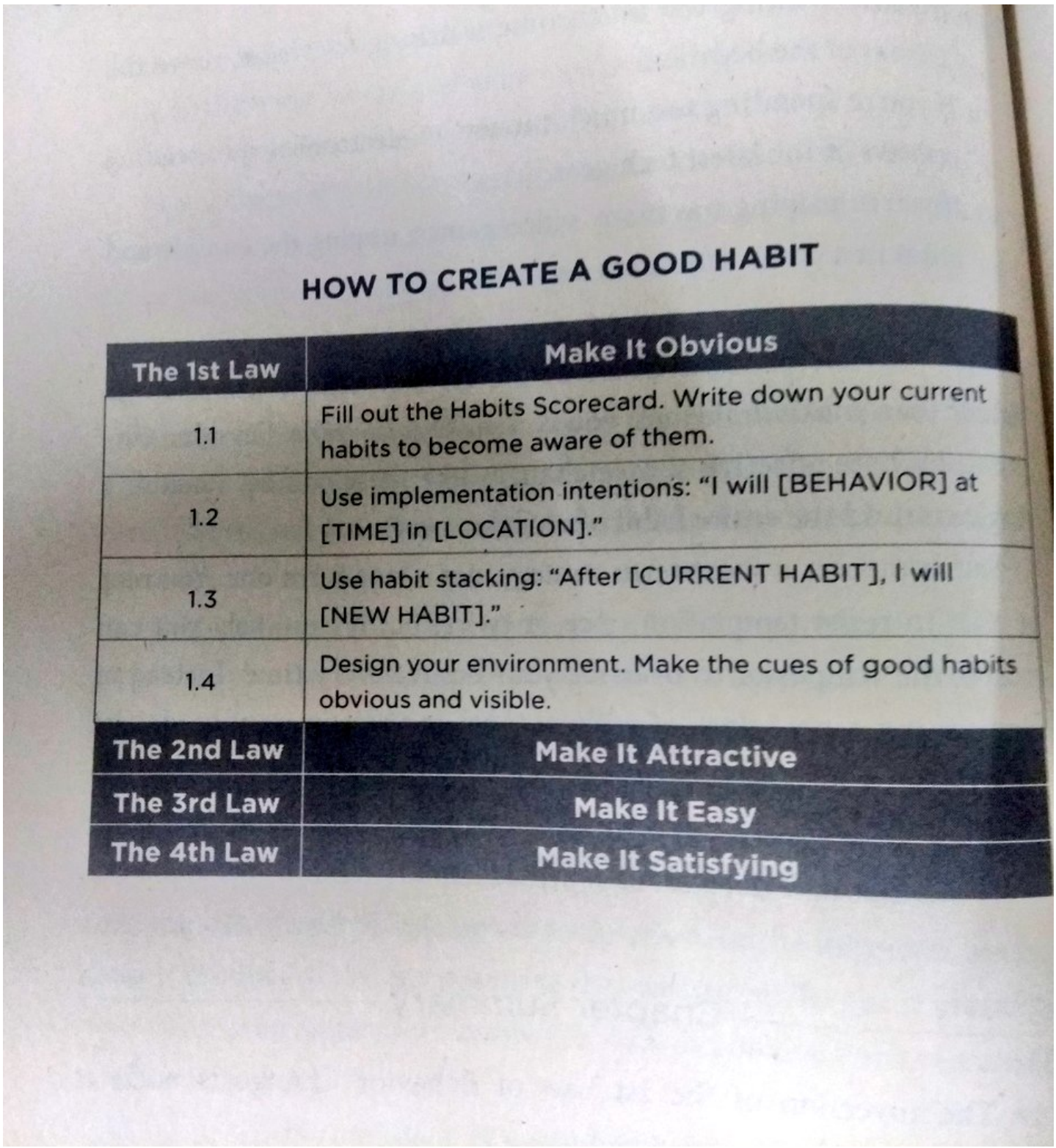
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NEXT LEVEL

Some other Interesting aspects worth deliberating upon

* Make the CUES of GOOD HABITS obvious & BAD HABITS invisible.
* Easier to AVOID temptation than RESIST it. (ESPECIALLY FOR MARKETS)
* Habits once formed are unlikely to be FORGOTTEN.
* Use of Temptation bundling.



HOW TO CREATE A GOOD HABIT

The 1st Law	Make It Obvious
1.1	Fill out the Habits Scorecard. Write down your current habits to become aware of them.
1.2	Use implementation intentions: "I will [BEHAVIOR] at [TIME] in [LOCATION]."
1.3	Use habit stacking: "After [CURRENT HABIT], I will [NEW HABIT]."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	**Make It Attractive**
The 3rd Law	**Make It Easy**
The 4th Law	**Make It Satisfying**

13/20

Essentially we imitate the habits of 3 groups

* The Close
* The Many

* The Powerful

Each group offers an opportunity to leverage the 2nd law of Behaviour change & make our habits more attractive.
A very under rated concept I believe!

14/20
Another interesting aspect is
HOW TO ACHIEVE MORE WITH LESS EFFORT .

Seems difficult right ? ■

Here's where practising environment design comes into play.
Habits are easier to build when they fit into the flow of your life .
Reduce #friction.

Try it out !!

15/20
The TWO MINUTE RULE blew my mind away .
Such a simple but profound concept !

*Basically START SMALL .
*Keep it EASY.
*STICK to it.
*ITERATE.

A NEW HABIT SHOULD TAKE LESS THAN TWO MINUTES TO DO.

Gradually SCALE UP towards your GOAL .
Worked brilliantly for me!

16/20
Few other methods discussed to develop habits include :

*Habit Shaping,
*Automating a Habit
*Habit Tracking
*Goldilocks Rule etc.

We might have already practiced a few of them without knowing the technical basis behind it.

#MethodsToDevelopHabits

17/20
The secret to maximising your odds of success is to choose the RIGHT FIELD OF COMPETITION.

We all are born with different abilities .

Our environment determines the SUITABILITY of our genes & the UTILITY of our natural talents.

COMPETENCE is dependent on CONTEXT.

■

= Choose the RIGHT FIELD OF COMPETITION <

MICHAEL PHELPS v/s HICHAM EL GUERROUJ

↓ SWIMMER

↓ MOROCCAN RUNNER

HEIGHT : 6-4" <— 7 inch difference → 5-9"

But both wear SAME LENGTH INSEAM !!!

SHOCKING, BUT TRUE

WHY ?

Relatively short legs for his height & a very long TORSO.

↓

Perfect for swimming

Incredibly long legs & a short upper body

↓

Ideal for distance running

SWITCHING → WOULD NOT WORK

Thus, the secret to maximizing your odds of success is to CHOOSE THE RIGHT FIELD OF COMPETITION

Habits are easier to perform and more satisfying to stick to WHEN THEY ALIGN WITH YOUR NATURAL INCLINATIONS & ABILITIES.

Leading Edge

NEXT LEVEL

However, Habits dull you.

Sticking to your habits and following the underlying processes & fighting monotony when there is no motivation is tough.

Doing it repeatedly shall SET YOU APART from the amateurs & make you a professional.

FALL IN LOVE WITH BOREDOM !

19/20

1% WORSE EVERY DAY FOR 1 YR vs
1% BETTER EVERY DAY FOR 1 YR

When you look back over a decade the VALUE of GOOD HABITS & the COST of BAD ONES becomes strikingly apparent !!
This is WHY understanding DETAILS is essential.

Keep up the habits & REFINE them as required.

Some pointers { Let your values principles & identity guide you }

① Continuously { EDIT BELIEFS / UPGRADE / EXPAND IDENTITY }

② Environment matters a lot.
Especially to BREAK BAD HABITS.
Eg: Peers' influence
Spouse ~~compatability~~ compatibility
Parents' influence

If will power there & toxic/unfavourable environment → CHANGE ENVIRONMENT

↓

I cut myself off toxic company and the growth thereafter has been great!

HABITS ARE ALL ABOUT BECOMING. ☺

③ Decide the TYPE of person you want to be
④ Prove it to yourself with small WINS

Ultimately, you become your HABITS.

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Leading Edge

NEXT LEVEL

20/20

To sum it up ,

An Atomic habit is a little habit that is part of a larger system.
Just as atoms are the building blocks of molecules , #AtomicHabits are the building blocks of remarkable success!

A SHEER MASTERPIECE!

Thanks for this @JamesClear !

#BookReview
#books