Twitter Thread by Ritika Munjal



Ritika Munjal
@ritikamunjal1

@FitFounder 1/16 I tried deep-diving into some of the learnings from @JamesClear . In such simple words Atomic Habits gives such a great framework as to how to go about in life.

Sharing some of those learnings for common benefits.

A Thread

@amerix @FitFounder @JamesClear 2/16 Whatever habits are normal in your culture are among the most attractive behaviors you will find.

@amerix @FitFounder @JamesClear 3/16 For this exercise, first action item is to write down your desired identity. Only if you are aware of who you WANT TO BE, would you be able to decide the best in the world around you.

@amerix @FitFounder @JamesClear 4/
1. The Close :

Find groups with whom you benefit from having a shared identity.

@amerix @FitFounder @JamesClear 5/
Action Items :
a. Join a book club if you are a reader
b. Toastmasters if you like public speaking
c. Build Chat(whatsapp)groups with people you share a common identity with eg Those who are equally passionate as you about Gyming or Starting up.

@amerix @FitFounder @JamesClear 6/
c. Build Chat (whatsapp) groups with people you share a common identity with eg Those who are equally passionate as you about Gyming or Starting up. And cherish that identity with them.

@amerix @FitFounder @JamesClear 7/
d. Write down your closest friends and what identity do you share with them. Identity could come from a hobby like Playing Chess, Squash, Foodies, etc. Shared dreams like starting up, traveling the world, Mastering a domain/technology, etc.

@amerix @FitFounder @JamesClear 8/
2. The Many

When changing your habit means challenging the tribe, change is unattractive. When changing your habits means fitting it with the tribe, change is very attractive.

@amerix @FitFounder @JamesClear 9/
a. Tribes you can change : Find right kind of organization as you spend most of your time around those people. Tough to avoid their views from impacting yours.

@amerix @FitFounder @JamesClear 11/16
b. Tribes you can't change: Find out where your beliefs conflict with your tribe. If you write them down, it will get so easy for you to get objective about them. The expectation gap would stop troubling you henceforth.

@amerix @FitFounder @JamesClear 12/16
c) Friendship is a tribe we choose. Network with people you share an identity with.

@amerix @FitFounder @JamesClear 13/16
d.Recommendation Engines do such a beautiful job in curating ur feeds as per your desired https://t.co/GoW2DZqYhd be the movie selection that Netflix builds for u or the feed that flows into ur Twitter page.

@amerix @FitFounder @JamesClear 14/16
3. The Powerful

When changing your habit means challenging the tribe, change is unattractive. When changing your habits means fitting it with the tribe, change is very attractive.

@amerix @FitFounder @JamesClear 15/16
Action Items:

1. Read biographies of people who are, what you truly want to be.

@amerix @FitFounder @JamesClear 16/16
2.If you are able to network with people you admire and want to learn from, keep reaching out to them with your best works and genuine queries.