

*Atomic Habits* by James Clear

What if, instead of thinking about changing your life, you determined to make a small, daily change? What if, instead of thinking about the how, when and where something could be added to your routine that would improve your life, you determined the time and location to add a tiny little change into your pattern of events, every day? In *Atomic Habits*, Clear offers his proven framework for creating and keeping life improvements through habit formation.

This book was incredibly interesting to me. Clear speaks of not setting goals, but creating changes and inserting the changes into the system of habits you are already familiar with – making it just another “piece of your day.” He shares many examples of 1% changes, that over the course of time become part of your daily system, not a new task added requiring willpower or motivation to continue. Think of reading this book before setting any 2021 New Year’s Resolutions!