

New Year Resolutions: Atomic Habits

An activity of "Tee and Boba".

Read the comic *Tee and Boba* (page 28, *What's Up* Jan 2023). Let's make some new year resolutions too! For a start, try focussing on your habits. Are there habits you would like to discard? What new habits would you like to form?

1. In his bestseller, *Atomic Habits*, James Clear shares his ideas about making and breaking habits. He introduces the concept of "atomic habits". Watch this video to learn more:

Atomic habits: Tiny changes that create remarkable results

➤ <https://youtu.be/1gdkBt9it84>

James Clear (Afterskool, 23 Nov 2022)

2. According to James Clear, to form good habits and break bad ones, you must first decide what kind of person you want to be. If you are clear about your ideal identity, then changing habits becomes easier.

For example, instead of saying "I want to stop splurging on Pokemon cards", use an Identity Statement such as "I am a thrifty person." Try applying this idea. Write down one Identity Statement that you want to claim.

IDENTITY STATEMENT: *I am* _____.

4. Next, study this overview of Atomic Habits:



4. Now, complete these two tables to develop your plan based on the ideas presented above.

RESOLUTION TO FORM A GOOD HABIT	
Good habit to form <i>e.g. Make my own bed every day.</i>	
Identity statement <i>e.g. I am a responsible person.</i>	
Cue (Make it obvious.) <i>e.g. Make my bed immediately after turning off my alarm clock.</i>	
Craving (Make it attractive.) <i>e.g. Use my favourite bedsheet.</i>	
Response (Make it easy.) <i>e.g. Have only one soft toy on my bed to make it easier to tuck in the sheets.</i>	
Reward (Make it satisfying.) <i>e.g. Good feeling to see my bed nicely made.</i>	

RESOLUTION TO BREAK A BAD HABIT	
Bad habit to break <i>e.g. Gossiping about friends.</i>	
Identity statement <i>e.g. I am a kind, trustworthy friend.</i>	
Reduce exposure (Make it invisible.) <i>e.g. I will spend less time with those who enjoy gossiping.</i>	
Reframe mindset (Make it unattractive) <i>e.g. I will remind myself that, when I am absent, I too may be a victim of gossip.</i>	
Increase friction (Make it difficult.) <i>e.g. I will spend more time with kinder friends and choose activities that exclude gossiping.</i>	
Create a contract (Make it unsatisfying.) <i>e.g. Even though it will be embarrassing, I will apologise to the person I gossiped about.</i>	

Remember that our good habits are more than just pride points and our bad habits are more than just embarrassing. Our habits affect those around us. That is why it is worthwhile to set new year resolutions about our habits. Atomic habits call for tiny steps of change. But, they can come together to make a huge difference to our families, schools, and communities.