

## New Year Resolutions: Atomic Habits

*An activity of "Tee and Boba"*

Tee & Boba are busy making new year resolutions →  
(page 28, *What's Up* Jan 2023).

**You can too!**

For a start, focus on your habits.

- Bad habits to discard?
- Good new habits to form?



Follow the instructions in your activity sheet.

The next slide makes the overview of James Clear's approach easier to read...

## MAKING GOOD HABITS

### CUE

(Make it obvious)

MAKE A LIST OF YOUR DAILY HABITS  
STACK A NEW HABIT ON TOP OF AN OLD ONE  
ENVIRONMENT DESIGN FACILITATES HABIT

### CRAVING

(Make it attractive)

PAIR HABIT WITH ENJOYABLE ACTIVITY  
JOIN A CULTURE WHERE THE HABIT IS THE NORMAL BEHAVIOR  
MOTIVATIONAL RITUAL TO START THE DAY

### RESPONSE

(Make it easy)

REPETITION NOT PERFECTION  
REDUCE FRICTION BY CREATING CONDUCTIVE ENVIRONMENTS  
IT SHOULD TAKE LESS THAN TWO MINUTES TO START THE HABIT

### REWARD

(Make it satisfying)

ADD A LITTLE IMMEDIATE SATISFACTION  
MAKE YOUR SUCCESS VISIBLE  
USE HABIT TRACKER OR MEASURE YOUR PROGRESS

# ATOMIC HABITS

BY JAMES CLEAR

## BREAKING BAD HABITS

### REDUCE EXPOSURE

(Make it invisible)

REDUCE EXPOSURE TO THE CUE THAT CAUSES A BAD HABIT  
(e.g if I want to cut down on sugary soft drinks, I avoid passing by the shop that sells it.)

### REFRAME MINDSET

(Make it unattractive)

HIGHLIGHT THE BENEFITS OF AVOIDING YOUR BAD HABIT  
(e.g replace a bad habit of blaming myself and others with encouraging yourself and others.)

### INCREASE FRICTION

(Make it difficult)

INCREASE THE NUMBER OF STEPS BETWEEN YOU AND YOUR BAD HABIT  
(e.g if I get distracted by the TV easily, unplug it, make it difficult to get the remote control etc.)

### CREATE A CONTRACT

(Make it unsatisfying)

MAKE THE COSTS OF YOUR BAD HABITS PUBLIC AND PAINFUL  
(e.g if I indulge in computer games during my exams, I need to surrender my game to my parent.)



## AN EXAMPLE

### How to plan for forming a good habit

**Good habit to form**

e.g. Make my own bed every day.

**Identity statement**

e.g. I am a responsible person.

**Cue (Make it obvious.)**

e.g. Make my bed immediately after turning off my alarm clock.

**Craving (Make it attractive.)**

e.g. Use my favourite bedsheet.

**Response (Make it easy.)**

e.g. Have only one soft toy on my bed to make it easier to tuck in the sheets.

**Reward (Make it satisfying.)**

e.g. Good feeling to see my bed nicely made.



## AN EXAMPLE

### How to plan for getting rid of a bad habit

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

# WHAT'S UP

## TO DO

Now it is your turn to complete the tables in your activity sheet.

## TO THINK ABOUT

Our habits affect those around us.

That is why it is worthwhile to set new year resolutions about habits.

Atomic habits call for tiny steps of change. But, they can come together to make a huge difference to our families, schools & communities.

