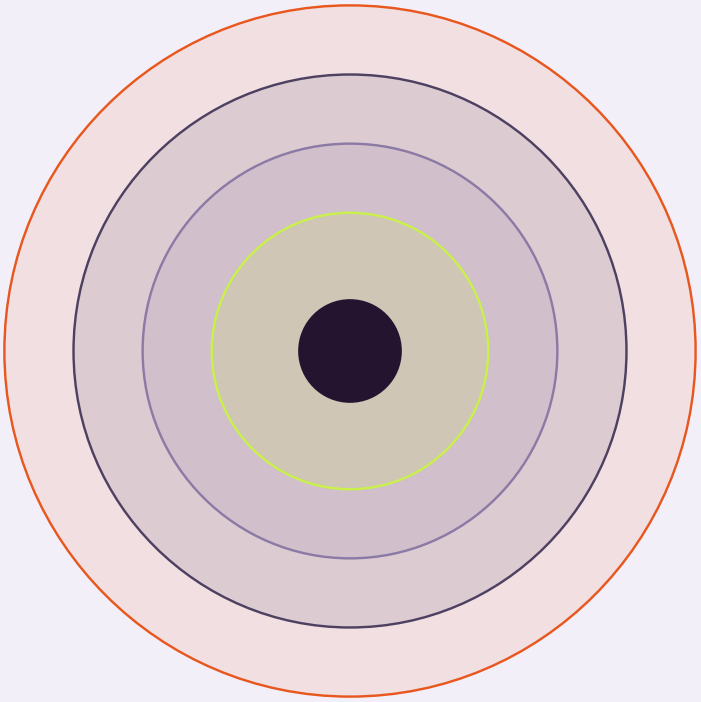
NOVEMBER 11, 2026



# The Atomic Habits Workbook

A reading of the book by James Clear (2025)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of The Atomic Habits Workbook, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

# The book in a minute

The official companion to Atomic Habits, by James Clear. HourLife's takeaways turn the Four Laws of Behavior Change into a system you actually wrote down: a scorecard, an implementation intention, a stack and a review.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

# The takeaways

1 HOURLIFE TAKEAWAY

### Goals point at a direction. Systems are what actually carry you there.

This is the book's central distinction: wanting an outcome versus owning a process that produces it.

2 HOURLIFE TAKEAWAY

### One percent better is invisible today and undeniable in a year.

Compounding is unfair in both directions, which is why it pays to size habits down rather than up.

3 HOURLIFE TAKEAWAY

### A habit is less about what you get and more about who you become while repeating it.

Identity-based habit change is the pivot of Atomic Habits: decide the type of person first, and let the evidence accumulate.

4 HOURLIFE TAKEAWAY

### Most people quit on the plateau, where progress is being stored but not yet shown.

The Plateau of Latent Potential is the gap between the work you have done and the results you can see; the job is to keep going through it.

5 HOURLIFE TAKEAWAY

### You cannot out-discipline a badly designed room.

Environment and friction do more work than motivation, so audit what your kitchen, desk and phone are quietly voting for.

6 HOURLIFE TAKEAWAY

### Make it obvious, attractive, easy and satisfying — then invert all four to break something.

The Four Laws are a checklist you can run in both directions: build with them, or invert all four to break something.

7 HOURLIFE TAKEAWAY

## Two minutes is not the habit. It is the doorway you have to keep walking through.

Scaling a habit down until it is almost embarrassing is what makes showing up survive a bad week.

8 HOURLIFE TAKEAWAY

## A missed day is data. Two missed days is the start of a different identity.

"Never miss twice" is a simple rule that separates a broken streak from an abandoned habit.

PUT IT TO WORK

# Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Fill in a Habits Scorecard
- [ ] Write the identity before the outcome
- [ ] Write one implementation intention
- [ ] Stack the new habit onto an old one
- [ ] Cut the habit to its two-minute version

KEEP UP DAILY

- ◯ Mark the tracker before you go to bed
- ◯ Never miss twice
- ◯ Pair the boring habit with something you want

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

# Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

# The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

# The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

SETUP 1

## Fill in a Habits Scorecard

Write out every action of one ordinary day, from waking to sleeping, then mark each one +, - or = depending on whether it votes for the person you want to be.

No changes yet — awareness first.

MY VERSION

DONE ON

SETUP 2

## Write the identity before the outcome

Finish the sentence "I am the kind of person who..." and then list the two smallest behaviours that would prove it.

The outcome (a number, a weight, a title) goes on a separate line and stays there.

MY VERSION

DONE ON

SETUP 3

## Write one implementation intention

Fill in the template exactly: "I will [behaviour] at [time] in [location]." Vagueness is what the cue is for — a habit with no time and no place is a wish.

MY VERSION

DONE ON

SETUP 4

## Stack the new habit onto an old one

Use "After [current habit], I will [new habit]." Choose a current habit that already happens with total reliability — brushing teeth, closing the laptop, pouring coffee — not one you also hope to build.

MY VERSION

DONE ON

SETUP 5

## Cut the habit to its two-minute version

Rewrite the habit until it takes under two minutes: "read before bed" becomes "read one page"; "run" becomes "put on running shoes." Master showing up before you optimise anything.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

# Mark the tracker before you go to bed

One box, one line, thirty seconds.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 ○ | 12 ○ | 13 ○ | 14 ○ | 15 ○ |
| 16 ○ | 17 ○ | 18 ○ | 19 ○ | 20 ○ | 21 ○ | 22 ○ |
| 23 ○ | 24 ○ | 25 ○ | 26 ○ | 27 ○ | 28 ○ | 29 ○ |
| 30 ○ | | | | | | |

## December 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

# Never miss twice

When you miss a day, the only rule is that the next one happens — even in its two-minute form.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

# Pair the boring habit with something you want

Temptation bundling: the podcast only plays while you walk, the show only runs while you fold laundry.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

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## December 2026

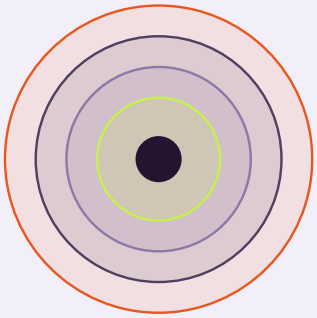
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



**You should be far more concerned with your current trajectory than with your current results.**

JAMES CLEAR