Atomic Habits Cheat Sheet

The 4 Laws + Their Inversions

1. Make it Obvious

Build: Habit stacking + implementation intentions

Break: Make it invisible — remove the cue

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2. Make it Attractive

Build: Temptation bundling

Break: Make it unattractive — reframe the cost

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3. Make it Easy

Build: 2-Minute Rule, reduce friction

Break: Make it difficult — add friction

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4. Make it Satisfying

Build: Immediate reward, habit tracker

Break: Make it unsatisfying — accountability partner
