

## Objective

By the end of this lesson, Charlie will understand the core principles of "Atomic Habits" by James Clear and how to apply these concepts to create effective habits in his daily life.

## Materials and Prep

- A notebook or journal for taking notes
- A pen or pencil
- Access to a comfortable reading space
- Optional: A timer (for certain activities)

Before the lesson, Charlie should have read at least the introduction and first chapter of "Atomic Habits" to familiarize himself with the key concepts.

## Activities

### • Habit Tracker Creation

Charlie will create a simple habit tracker in his notebook. He can choose a few habits he wants to develop (e.g., reading, exercising, or practicing a musical instrument) and draw a chart to track his progress over the next week.

### • 20-Minute Reflection

Charlie will spend 20 minutes reflecting on his current habits and how they align with his goals. He can write down what habits he wants to change or improve, and why those changes are important to him.

### • Habit Stacking Exercise

Charlie will practice "habit stacking" by identifying an existing habit he has (like brushing his teeth) and pairing it with a new habit he wants to develop (like doing a short workout). He will write down the stack and plan how he will implement it.

### • Discussion and Role-Play

Charlie will engage in a discussion about the challenges of building new habits. Together, we can role-play scenarios where he faces obstacles and brainstorm solutions to overcome them.

## Talking Points

- "Habits are the compound interest of self-improvement." - This means that small changes can lead to big results over time.
- "You do not rise to the level of your goals. You fall to the level of your systems." - This emphasizes the importance of having a good plan in place to achieve goals.
- "Every action you take is a vote for the type of person you wish to become." - This highlights that our daily choices shape who we are.
- "The most effective way to change your habits is to focus not on what you want to achieve, but on who you wish to become." - Encouraging Charlie to think about his identity can help him stick to

new habits.

- "Environment is the invisible hand that shapes human behavior." - This means that our surroundings can significantly influence our habits, so we should create a supportive environment.
- "Make it obvious, make it attractive, make it easy, and make it satisfying." - These are the four laws of behavior change that can help Charlie create new habits.
- "It's not about being perfect; it's about getting 1% better every day." - This encourages a growth mindset and the idea that progress is more important than perfection.