

ATOMIC HABITS

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Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Reframe your habits:

2. How can you use the paper clip strategy?

3. Describe how you can use the Two-Minute Rule for adopting a new habit:

4. How can you rearrange your environment to suit you best?

5. What type of person do you want to become?

Don't forget to save your changes.