

THINK WORKBOOK 001:

BUILDING BETTER HABITS / SAMPLE

*with Atomic Habits
by James Clear*

by Ivaylo Durmonski | Thinkers Club

AUTHOR'S NOTE



Hello and welcome! My name is Ivaylo Durmonski. I'm the person behind the website durmonski.com.

Here's what's next: A practical guide outlining the key actionable ideas from a remarkable book followed by guided writing exercises.

This workbook is designed to provoke thinking and doing. It will help you avoid sitting motionless and prompt you to act.

Ivaylo Durmonski

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THINK WORKBOOK |

INTRODUCTION

Instructions: Section outlining the core purpose of this workbook, a nudge to sign a pledge for doing, and what's actually included in this digital asset.

PURPOSE

It's hard to understand what the books we read are all about - how they apply to our lives, what strategies we can adopt from them, what we can change in ourselves based on the text - unless we actively think about the content inside.

The aim of this Think Workbook is to help you improve your reading habits, stimulate thinking, and ignite action.

The pages that follow patiently unpack the best insights from the book Atomic Habits by James Clear, so we can make the most of the material.

It is particularly useful in our busy, hyper-connected, and maddening world.

WHAT'S INSIDE?

This workbook is divided into 7 sections:

- 1. Theme:** A short introduction of the theme explored in this downloadable.
- 2. Toolkits:** The best actionable strategies outlined in the book, clearly presented.
- 3. Exercises:** Powerful ways to think about the content.
- 4. Reflect:** Reflect on the material and describe what you'll do next with the content.
- 5. Takeaways:** What's your takeaway from what you've read?
- 6. Reading material:** What to read.
- 7. Note-taking:** A gentle nudge to take notes while you go through the suggested reading material.

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THINK WORKBOOK | SECTION 01:

THEME: BUILD BETTER HABITS

Instructions: A short introduction of the theme explored in this Think Workbook placing the problem front and center along with the proposed solution.

PROBLEM

We underestimate the importance of our small daily actions, deeming them insignificant. Most people think that massive success requires massive action and special talent. When we want to make a change in our lives, we pressure ourselves. We make attempts for some earth-shattering improvements thinking that they will magically transform us from ordinary to extraordinary in just a few days. And when these titanic feats fail, we go back to our old ways of doing things, telling ourselves that we just aren't cut out to become that new person.

SOLUTION

Small, consistent improvements towards a specific direction, that's all that matters. Our lives are an accumulation of our everyday actions - our habits. The combination of the daily things we do creates the person we are today and also the person we're going to become in the near future. As the accumulation of many missteps leads to a weak character with poor finance and health, the mixture of good ones will unlock a new level of performance - melodic singing voice, an eye-pleasing body, a thriving business... Achievements you never thought possible.

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THINK WORKBOOK | SECTION 02:

TOOLKITS

Instructions: Powerful strategies from the book, clearly presented, making it easy for you to implement in your daily life.

1% BETTER

Tiny steps towards the desired destination, done consistently. That's it. That's all that matters.

We mistakenly believe that positive changes require some sort of magical transformation. It's quite simpler actually.

If you focus on getting just 1 percent better every day at a specific task, you'll, eventually, become 37% better after just a year.

Define an area in your life in which you want to improve. Deconstruct the task, object, project, etc., into smaller steps. Focus on getting just a little better (1%) every day.

Helpful for:

- *An easy way to instill improvements in your life.*
- *The starting point for a positive change.*
- *Creating a multiplying effect for your habits.*

Prompts:

- *Break down everything you can think of related to your desired goal into smaller tasks.*
- *Think of ways to improve by just 1 percent - e.g., read just one page more.*
- *See what works and make adjustments along the way.*

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THINK WORKBOOK | SECTION 03:

EXERCISES AND ASSIGNMENTS

Instructions: Each one of the following pages carries an exercise based on a short snippet from the book. The goal is to sit, think, and write down your answer after deep reflection.

EXERCISE #1: DEFINE YOUR IDENTITY

“Many people begin the process of changing their habits by focusing on what they want to achieve. This leads us to outcome-based habits. The alternative is to build identity-based habits. With this approach, we start by focusing on who we wish to become.” James Clear

Or to put this in perspective, your goal shouldn't be to exercise once, nor twice, not even 100 times. Your goal should be to become a person who exercises regularly even if he doesn't feel like working out.

The things you do cast votes towards the person you eventually become. If you read books, regularly, you are a reader. In the same respect, if you smoke, then you're a smoker.

Based on this, it's of high importance to think about the person, the identity you want to endorse, and at the same time the identity you want to completely cleanse...

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THINK WORKBOOK | SECTION 04:

REFLECT AND NEXT STEPS

Instructions: The added space after each question is giving you the opportunity to express yourself, to talk to yourself - uninterrupted. This creates a moment in which you are able to plan your future steps.

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