



# A WEEK IN *Learning*

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for TED Talks, podcasts, books, and more!

## TINY CHANGES, REMARKABLE RESULTS: ATOMIC HABITS By James Clear

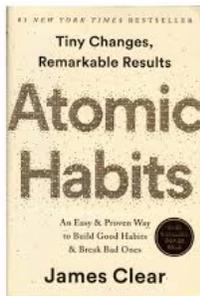
Recommended by Katie Lafata, L&D Training Administrator

Have you ever thought to yourself, “Why is it so hard to break a habit?” Do you ever find yourself making your coffee at the same time every morning, having that bubbly soda every day around noon, or even driving on the same roads every day for your commute to work? It seems that everyone has something in their life they wish to improve or completely transform, as changing habits can lead to becoming a better version of oneself.



“Atomic Habits” is a helpful guide on how to implement change without the

change being dramatic or scary. Author James Clear stresses that your outcome in life is a lagging measure of your habits, meaning, “If you can master the right actions, you can master the right habits.” Clear utilizes a three-layer outline for change:



- Change your outcome - focusing on what you want to achieve.
- Change your process - altering the actions you take to reach your goals.
- Change your identity - transforming your beliefs and mindset to align with the desired outcome.

Embracing change can cultivate lasting habits and shape our identities accordingly. By doing this, we can embark on a journey of continuous growth and self-improvement.

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