



Book Club Meeting Agenda

Thursday, March 17, 2022

Atomic Habits by James Clear

The Fundamentals: Why Tiny Changes Make a Big Difference

Where: Email caworkforcebc@gmail.com for zoom link

Time: 7:00 - 8:00 pm

Discussion Questions

- Chapter 1:** The author writes “Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them.” (page 16). *Think of a daily new habit that you would like to form. What small (1%) improvements in behavior can you make that will compound to allow you to reach the desired result?*
- Chapter 2:** Page 34- Regarding true behavior: “True behavior change is identity change. You might start a habit because of motivation, but the only reason you’ll stick with one is that it becomes part of your identity.” Examples: 1- The goal is not to read a book, the goal is to become a reader. 2- The goal is not to learn an instrument, the goal is to become a musician.
Pick one question to discuss: What identity do you already have? What identity do you want?
- Chapter 3:** – The author provides a simple set of rules- The Four Laws of Behavior Change (begins on page 53). *At this point in the book, do you think that it will still be hard to create and establish a new habit?*
- General Question:** *What was your general opinion of the of this first section of the book?*
- Favorite quote?**

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