

## Book Club Meeting Agenda

Thursday, March 31, 2022

### Atomic Habits by James Clear

The 1<sup>st</sup> Law: Make It Obvious

Where: Via Conference Call-  
Conference Call Line: 1-605-313-5647  
Participant Code: 896060#

Time: 7:00 - 8:00 pm

### Discussion Questions

1. **Chapter 4:** The Habits Scorecard (begins on page 62): *What would an example of your daily morning habits? Rate each habit as a good (+), bad (-) or neutral (=) habit.*
2. **Chapter 4, page 66:** The author states that the first step to changing bad habits is to be on the lookout for them by trying the Pointing-and-Calling method. This method also includes what the outcome would be (“I’m about to eat this cookie, but I don’t need it. Eating it will cause me to gain weight and hurt my health.”) *Using this method, give an example of a bad habit (not necessarily your own) and include what the outcome will be.*
3. **Chapter 5:** Implementation Intention (page 70) is a plan you make beforehand about when and where to act. *To practice implementation intention, what is the specific formula you can create to cue any new behavior that one would like to begin (“When X occurs, I will do Y” or “At X time, I will do Y”)?*
4. **Chapter 6:** Redesigning your environment (page 86)- *What are some ways that you can redesign your environment and make cues for your preferred habits more obvious?*
5. **Chapter 7:** Cutting bad habits off at the source- an inversion of the 1<sup>st</sup> Law of Behavior Change (page 95)- rather than making it obvious, make it invisible. Now, think of a habit you wish to break. *What is the visual cue that triggers that behavior? What can you do to make that cue invisible?*
6. **Favorite quote?**

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