



Book Club Meeting Agenda

Thursday, April 14, 2022

Atomic Habits
by James Clear

The 2nd Law: Make It Attractive

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

Time: 7:00 - 8:00 pm

Discussion Questions

1. **Chapter 8:** How to Use Temptation Bundling to Make Your Habits More Attractive (begins on page 108)- a strategy to pair an action you *want* to do with action you *need* to do. *Give an example (not necessarily your own) of this for either work or for a personal goal.*
2. **Favorite part of this chapter?**
3. **Chapter 9:** Imitating the Close (begins on page 117) What 'cultural norms' where you're from do you feel are an advantage or disadvantage to creating good habits? (You follow the habits of your culture without realizing it).
4. **Favorite part of this chapter?**
5. **Chapter 10:** "Motivation Ritual" (page 134) is associating your habits with something you enjoy, then you can use that cue whenever you need a bit of motivation. See Ed Latimore's example. *What is something that you can do?*
6. **Favorite quote in this whole section?**

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