

THE JORDAN HARBINGER SHOW

Worksheet for James Clear | Forming Atomic Habits for Astronomic Results (Episode 108)

Most of us have big goals we'd like to accomplish -- anything from getting in better physical shape to quitting a lifelong vice to learning a new language. So we make grand plans, go full force in our intended direction, and falter when we don't notice results within a few weeks of trying our best.

Massive head trauma forced [*Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*](#) author and [Habits Academy](#) creator James Clear to relearn the very basic building blocks of functioning as himself. But he couldn't make the change overnight -- he had to start with small habits and build momentum that, over time, resulted in big changes. In [episode 108](#), he takes us along for the ride and shares processes and practicals we can use to incrementally change our own lives for the better.

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Be Like Bamboo

Bamboo is famous for growing really tall in a short amount of time, but first impressions can be deceiving. Before this growth spurt becomes apparent to the casual observer, the bamboo's massive root structure has been hard at work underneath the scenes, digging far and wide in small increments. Our habits yield similar results: we may have to stick to them for quite some time before the changes they make are even perceptible.

Is there an area in your life where you can't wait for your bamboo (so to speak) to shoot up? What tools can you use to help persevere through this period? Being aware of it is a great first step.

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Put the Popcorn in the Garage

James told me an anecdote about his friend who loved popcorn a little too much. What the friend did to cut back was that he took the tasty treat and moved it from the pantry to the highest shelf in the garage. Sure, he could go have some if he wanted, but now this snacking habit was more difficult.

The trick is to design an environment where the default option is the the better choice, and the unhealthy action is more difficult to take. Where in your life could you put the popcorn in the garage?

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Move Your Speech Forward

If you show a pack of cigarettes to two people -- an ex-smoker who gave up recently and someone who never started smoking -- the former more naturally says, "I quit smoking," whereas the latter might say, "I'm a non-smoker." They're both technically non-smokers, but the ex-smoker probably hasn't internally identified as such. James says it's easier to take action when you identify with the belief that aligns with your goals instead of the one that conflicts with them.

What new behaviors have you undertaken that perhaps you haven't wrapped your mind around yet? How might you identify yourself as someone who follows a desired path rather than someone who gave up an undesired path? What's your equivalent to "I'm a non-smoker" versus "I quit smoking?"

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You Are Your Habits

We talked about identity being a key component of habit change. According to James, the key is -- surprise -- to work on your mindset. However, as you make regular changes in your life, you can use these actions to help improve your mindset. Not normally a gym person? Well, go once and you embody the identity of a fit person. "If you embody that identity enough -- if you cast enough votes for being that type of person -- the evidence builds up. As that evidence accumulates, now you have a reason to believe it," says James.

Think about your goals and how your identity fits with them (even if it doesn't yet at all). Write down some of your goals and describe how you see yourself in terms of those goals. How can you change your mindset to move closer to your goals?

Full show notes and resources for this episode [can be found here](#).

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About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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