

Atomic Habits Book Discussion- Feb 12, 2024

1. Habits: Look at the quote below.

"We don't choose our earliest habits, we imitate them."

What is a modeled habit (good or bad) that you internalized growing up?

2. How might this affect our students? Think about the students (particularly struggling ones) in your class. What habits might they have that they are imitating? What strategies might you use to help them to change a habit?

3. *With the people at your table, look at the quotes below. Pick one that stands out to you that you might want to post in your classroom. Why did you choose that one?*

- It's not about becoming legendary, it's about fulfilling your own potential.
- Winners and losers have the same goals. The thing that makes the difference is how they approach their practice or systems.
- We must stay in a cycle of endless refinement and improvement. (lifelong learning)
- Behind every action is a belief.
- By making a habit automatic it frees you up to focus on continuous improvement.
- If your habits remain mindless you can't expect to change them. (awareness)
- Your habits change depending on the room you're in and the cues in front of you.
- 'The lone wolf dies, but the pack survives.' Game of Thrones, Ned Stark says to Arya in the first season.

- It's easy to get bogged down trying to find the best plan. Sometimes we get so focused on figuring out the best approach that we never get around to taking action. (This is why most people don't succeed at what they want to do because they never get started.)
- It's better to do less than you hoped than to do nothing at all.
- Positive emotions cultivate habits. Negative emotions destroy them.
- Most people will spend all day chasing quick hits of satisfaction. The Road Less Traveled is the road of delayed gratification. If you're willing to wait for the rewards, you'll face less competition and get a better pay off.
- The first mistake is never the one that ruins you. It's the spiral of repeated mistakes that follows.
- Genes don't determine your destiny. They determine your areas of opportunity.
- Mastery is the process of narrowing your focus to a tiny element of success, repeating it until you have internalized the skill, then using this new habit as the foundation to advance.