



# The Monday Revolution

## Revolutionary Reads

### Atomic Habits by James Clear

#### What's it about?

This book explains that the key to making big changes in your life doesn't have to involve major upheaval. You can make tiny changes to your behaviour that when repeated, time and time again, will become habits that may lead to big results.

#### What's in it for me?

You will find out how habits are formed, how to make them stick and how embracing habits is a great way to take control of your life and achieve more.

#### What can I learn?

- If you want to build a new habit, make the habit as easy to adopt as possible.
- Humans are motivated by the anticipation of reward, so making habits attractive will help you stick to them.
- Change requires patience. Be confident that your habits are keeping you on the right trajectory – even if you aren't seeing immediate results.

**“A tiny change in your behaviour will not transform your life overnight. But turn that behaviour into a habit that you perform every day and it absolutely can lead to big changes... it's about building a positive system of habits that when combined deliver remarkable results.”**

#### Start on Monday

If you want to build a new habit, you could try stacking it on top of an existing habit. Let's say you want to start meditation. Try thinking about the things you do effortlessly each day, like drinking coffee in the morning. Then stack the new habit on top. Commit to meditating each morning when you've finished your coffee, and build on the natural momentum that comes from a habit you already have.

Join us comrades!

[www.themondayrevolution.com](http://www.themondayrevolution.com)