

Atomic Habits Tiny Changes Remarkable Results

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[The easiest one is progress, so pick small incremental habits that help you see small changes in your life, but that can over time lead to notable results. Find the satisfaction in each individual habit that you create, and don't put too many at the same time, or you may always be failing one.](#)

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[\[Chapter 1\] Here we learn the power of compounding effect: changes that seem small and unimportant at any given day will compound into remarkable results if we are willing to stick with them for months and years.](#)

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[Therefore, an atomic habit refers to a tiny change, a marginal gain, an improvement of 1%. The idea is: if you can become 1% better every day for 1 year, you'll end up 37 times better than you were at the beginning of the year. On the other hand, if you become 1% worse every day, you will reach level 0.](#)

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