



Therapeutic
Connection
PHYSICAL THERAPY AND WELLNESS

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ATOMIC HABITS (by James Clear)



Get 1% better daily and you will be 37x better each year!

Habits are formed and reinforced in a 4 Step cycle:
Cue → Craving → Response → Reward

To Build a Good Habit, focus on
WHO you want to become,
not WHAT you want to achieve

1. Make it Obvious

List your habits

Be specific: "I will (behavior) at (time) in (location)"

Stack new habit on top of existing habits "After X I will Y"

2. Make it Attractive

Link actions you *want* to do with ones you *need* to do
Standardize before you can optimize

3. Make it Easy

The 2-minute rule: start with a short time and work up to
your desired habit (in this case, home exercises)

Prepare your environment to make the action easy

4. Make it Satisfying

What is rewarded is repeated. What is punished is avoided.

Positive emotions cultivate habits!

Play your favorite song!



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