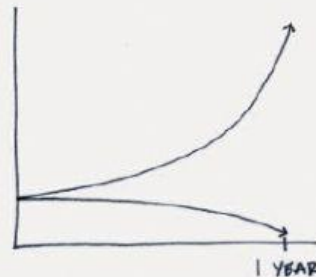


THE POWER OF TINY GAINS

$$1\% \text{ BETTER EVERYDAY} \quad 1.01^{365} = 37.78$$

$$1\% \text{ WORSE EVERYDAY} \quad 0.99^{365} = 0.03$$



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There is no habit that we're going to work on that takes less than two minutes to do, but nearly any habit can be started in under two minutes/minute 1. So, if you take exercise, for example, you know, often people will get home from a long day of work and/so 2 they say, "Oh, I'm too exhausted to go for a run or try to exercise, so I never get around to doing it because/thus 3 I think about, oh, I have to run five kilometers or whatever some long-distance that seems overwhelming to me." So rather than/then 4 focusing on the whole thing that you need to do, I would encourage you to focus on just the first two minutes. So, what's the first two minutes of that habit?

I put my running shoe/shoes 5 on. I get out/up the door and I lock the door. And if you do just that, it doesn't matter if you take another step. But what you find is motivation/motivated 6 often comes after starting, not before. We often think that motivation is something that we're supposed to have before we do work, but motivation will comes/come 7 as a result of doing some small bit of work and then we trust that the rest of the process will flow easily. But the point here is that the motivation needed to complete a habit is at its peak at the beginning of the behavior. The greatest/great 8 amount of friction for any type of task is in the beginning, in the starting. So, the key idea is, make it so easy that you can't say no.

Based on the video and the text, circle the correct answer.

- 1 There is a few habits that we're going to work on that takes less than two minutes to do.
- 2 Almost any habit can be started in under two minutes.
- 3 Focus on the whole thing that you need to do, don't focus on just the first two minutes.
- 4 Motivation often comes before starting.
- 5 Motivation will come as a result of doing lots of works at first.
- 6 The motivation needed to complete a habit is at its peak at the beginning of the behavior.
- 7 Make the starting point of a habit the easiest.

Small Habits, Big Results



It's the small habits. How you spend your mornings. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life.