**Atomic Habits - Chapter 15**

In chapter 15, James states that the best way to make a habit long lasting is to make it satisfying or make it feel like it is being immediately rewarded. Fill out the habit you are working on and how you will reward / make it satisfying every time you do it.

| **Habit** | **Reward / How To Make It Satisfying** |
| --- | --- |
| You skip buying coffee. | You deposit the $5 you saved into a vacation fund and you see it grow. |
| You workout. | You take a bath after your workout. |
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**Chapter 16**

How to stick with good habits every day.

The habit stacking + habit tracking formula is:

After I (**CURRENT HABIT**), I will (**TRACK MY HABIT**).

EXAMPLE:

After I (BRUSH MY TEETH), I will (MARK IT OFF ON MY CALENDAR).

I would like to start brushing my teeth every morning.

After I brush my teeth in the morning, I will mark an X on my calendar.

List 3 positive habits you like to start doing in your life and decide the best way to track it.

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