

**ATOMIC HABITS
JAMES CLEAR**

Template for the Implementation Intention Statement with Tracker.

(Template on page 3)

WHY THIS TEMPLATE?

The Implementation Intention Statement is a powerful tool to turn your goals into consistent actions. Research shows that when you specify what habit you'll do, when you'll do it, and where it will take place, you're more likely to follow through. This template breaks down the abstract goal of "building better habits" into clear, actionable steps, making it easier to integrate new habits into your daily routine. Pairing it with the habit tracker helps you measure progress and stay accountable, ensuring that your small daily actions compound into long-term success.

HOW TO USE THIS TEMPLATE?

1. Replace [habit] with the specific habit you intend to establish. Provide as many details as possible. Don't write "I will exercise", but "I will practice basketball".
2. Replace [time] with the precise time when you will perform this habit. If possible, also mention the duration of your habit. "For 30 minutes at 8pm daily" is more powerful than "in the evening".
3. Replace [location] with the exact location where you will practice this habit. Be very specific. Write "in my living room on my yoga mat" rather than "at home"
4. Tick each day you are planning to do this habit (as it might not always be a daily habit).
5. Tick each day you have completed this habit.
6. Write down your monthly score. And work on improving this every month until the habit is formed and does not require any more follow-up.
7. Notes. Add any observation from your practice (your mood, a reason why you could not complete the habit on a specific day, etc.). This analysis will help you become more consistent during the habit formation process.

EXAMPLES

A examples of good habit implementation intention statements:

1. I will practice yoga for 30 minutes on Mondays, Wednesdays and Fridays, at 7pm, on my yoga mat in the living room.
2. I will read 10 pages of a self-help book daily, at 9:30pm, in my bed.
3. I will listen to a podcast on my 1h commute to work, Monday till Friday, 8am and 5pm, in my car.

ADDITIONAL TIPS

Accept delayed gratification:

Building a habit is simple but requires consistency, commitment, and, most importantly, the ability to embrace delayed gratification. Exercising or eating healthier won't help you lose 20 pounds in a week. However, when done consistently over several weeks or months, you'll begin to see real change. Accept this process and learn to enjoy the small victories that lead to big results—always keeping in mind the reason behind your efforts.

Start slow:

New habits, especially those you've never done before, require focus and energy. I recommend introducing only one habit at a time (two at most). Once the habit becomes automatic—so ingrained that you no longer need a tracker to monitor your progress—you can add a new one to your list.

Use habit stacking:

A powerful technique, endorsed by James Clear, is habit stacking—pairing a new habit with one you already do (and enjoy). This approach boosts consistency and should be used whenever possible. Example: Right after I drink my tea (a habit I enjoy), I will journal for 15 minutes.

Break bad habits

You can use the implementation statement to effectively break unwanted behaviors. For example, if you want to reduce coffee intake, write: "I will drink a smoothie at 10 a.m. and a tea at 3 p.m. to replace my usual coffees while I'm at the office." This helps you form intentional replacements that gradually diminish bad habits.

Don't forget: Each detail strengthens your commitment and brings you one step closer to success.

For more tips, read the book, or watch the YouTube video!

Yours truly,

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readngrowrich.com

<https://www.youtube.com/@readngrowrich>

