

# *Atomic Habits*

## BOOK CLUB DISCUSSION GUIDE

01

What habit are you most proud of? What results have you seen from this habit?

02

Where could you stack a memory keeping habit with an existing habit?

03

What are the most rewarding aspects of scrapbooking? The most tedious?

04

Do you ever find yourself stuck in planning mode? Why do you think that happens?

05

How does being "lazy" and doing what is "convenient" get in the way of your creative success?

06

What would it look like to master the first two minutes of the smallest version of a creative habit?

07

What are some different ways you can track progress with your habits?

08

What are the most effective forms of accountability for you? Why do you think that is?

09

What is an incremental improvement you could make this week?