

Atomic Habits

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

What is one tiny, cozy habit that already makes your day feel a little softer (like tea at a certain hour or a nightly page or two)?

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WARM-UP

2

Was there a moment in the book that made you smile and think, oh, that is so me?

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DISCUSSION

3

The book talks about habits as small votes for the person you want to become. What kind of person do your comforting little routines quietly say you are?

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DISCUSSION

4

Which idea in the book felt the most reassuring or forgiving, the kind that let you off the hook a little?

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DISCUSSION

5

Clear writes a lot about your environment shaping your habits. What is one corner of your home that gently invites a habit you love?

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DISCUSSION

6

Was there a passage that felt like a warm hand on your shoulder, telling you it is okay to start small and messy?

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DEEP

7

Reading this book, did any old habit you had been quietly hard on yourself about start to feel more understandable and forgivable?

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DEEP

8

By the time you closed the book, what small, kind change were you feeling gently drawn toward, and how did the book leave you feeling about your ability to get there?

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