

# BOOK REFLECTION WORKSHEET

## Atomic Habits by James Clear

OBSERVE, ADJUST & TRANSFORM YOUR HABITS

**Insight Check-In: Which 1–3 key ideas from this book stood out most to you and why?**

1.

2.

3.

**Habit Reflection Practice: What is one small habit you can start or change today? What cue or trigger will remind you to do it? How will taking this tiny action help you move toward the person you want to become?**

**Quote Box: Include meaningful quotes from the book (or from your review)**

