

The Habits Manifesto

1. What we do *every day* matters more than what we do *once in a while*.
2. Make it easy to do right and hard to go wrong.
3. Focus on actions, not outcomes.
4. By giving something up, we may gain.
5. Things often get harder before they get easier.
6. When we give more to ourselves, we can ask more from ourselves.
7. We're not very different from other people, but those differences are *very* important.
8. It's easier to change our surroundings than ourselves.
9. We can't make people change, but when we change, others may change.
10. We should make sure the things we do to feel *better* don't make us feel *worse*.
11. We manage what we monitor.
12. Once we're ready to begin, begin *now*.

“Indispensable for anyone hoping to overhaul how they
(almost unthinkingly) behave.”

—Charles Duhigg, *New York Times* bestselling author of *The Power of Habit*

“Gretchen Rubin provides us with the tools to build a life that
truly reflects our goals and values.”

—Arianna Huffington, founder of the *Huffington Post* and
New York Times bestselling author of *Thrive*

“Read this book. It's loaded with practical tips and techniques
that will guide you to success.”

—Dan Heath, *New York Times* bestselling coauthor of
Made to Stick, *Switch*, and *Decisive*

