



# The Right Way to Form New Habits

James Clear, entrepreneur and author, says that the way we go about trying to form new habits and break bad ones — at work or home — is all wrong. Many people, he says, focus on big goals without thinking about the small steps they need to take along the way. Just like saving money, habits accrue compound interest: when you do 1% more or different each day or week, it eventually leads to meaningful improvement. So if you've made a resolution for the new year or have an idea for how to propel your career forward at any time, these strategies will help. Clear is the author of the book "Atomic Habits: Tiny Changes, Remarkable Results."

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