

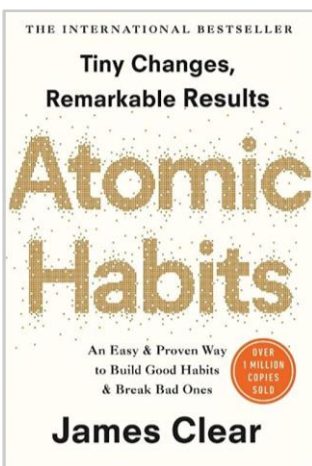
SUMMER READING

12th Grade English Summer Reading Assignment

This summer, you will be required to read the book *Atomic Habits* by James Clear. You may read a physical or digital copy or listen to an audiobook version, but you **will** need access to a physical book during the first week of school so you can quickly find information and cite exact words/pages numbers. I have provided a list of questions that will be useful for this assignment. While reading, keep notes that you can use later when writing your answers to each question. You need text evidence for your response questions, so make sure you are marking down page numbers and direct quotes. There will be a test over the material in this book on Tuesday, August 15th.

Literary Questions

1. Have you ever created good, well-written goals but still failed to stay on track with meeting each goal? After reading this book, why did your goals fail to become habits, according to James Clear's research?
 2. Give an example of a habit you tried to create that was out of sync with your identity. Why does identity determine our habits?
 3. Why does Clear say showing up for a poor workout is better than skipping so you can have a great workout tomorrow?
 4. Describe a habit or routine you already do every day. How can you combine a new habit with that set routine for compounded success?
 5. How can you personally reduce friction and prepare an environment to create a habit for studying? Give examples that would work for you.
 6. Why do instant rewards trump delayed rewards, even when the delayed rewards are greater? Explain how temptation bundling and commitment devices increase your likelihood of choosing delayed rewards.
 7. How do you use external rewards, tracking, and community to maintain motivation for your long-term goals? Give an example of each.
 8. NO ONE wants to be bored, but describe an action you do routinely that others would describe as "boring." Why is boredom a necessary aspect of habit-building?
 9. Now that you've read this book, what TINY CHANGES are you going to start this week so you can become a better version of yourself?
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Tiny Changes = Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones

On the last day of his sophomore year in high school, James Clear suffered a traumatic baseball injury that led to a medically-induced coma, multiple reconstructive surgeries, and years of physical therapy. Although pressured to give in to his difficulties, Clear learned the power of Atomic Habits: small, compounding habits that lead to radical growth. He then applied these Atomic Habits to his college studies, athletic career, and company growth to reach ever-increasing levels of success.

Combining centuries of research on habits and human psychology, James Clear creates a cohesive outline for creating small, reasonable habits that culminate into long-term gains. His explanation of complex studies and individual writing style are both as accessible as they are practical. Create an Atomic Habit today; see compounded results tomorrow!