

**Mahliyo OYMIRZAYEVA,**  
*Student of Samarkand State University Branch of Kattakurgan*  
**Zarina MURTOZAYEVA,**  
*Teacher of Samarkand State University Branch of Kattakurgan*

*Samarkand State Institute of Foreign Languages, (DSc), professor, G. Mirsanov based on the review*

## HOW TO BUILD GOOD HABITS AND BREAK BAD ONES IN JAMES CLEAR'S "ATOMIC HABITS"

Annotation

James Clear is a writer and speaker focused on habits, decision making and continuous improvement. He is the author of Atomic Habits. An easy and proven way to build good habits and break bad ones is given in this book. In general, habits are the small decisions you make and actions you perform every day. The backbone of this book is my four - step model of habits - cue, craving, response and reward-and the four laws of behavior change that evolve out of these steps.

**Key words:** Atomic Habits, Cue, Craving, Response, Reward.

## JEYMS KLEARNING "ATOM ODATLARI"DA QANDAY QILIB YAXSHI ODATLARNI SHAKLLANTIRISH VA YOMON ODATLARDAN VOZ KECHISH

Annotatsiya

Jeyms Klir odatlar, qarorlar qabul qilish va doimiy takomillashtirishga qaratilgan yozuvchi va ma'ruzachi. U "Atom odatlari" kitobining muallifi. Yaxshi odatlarni shakllantirish va yomon odatlardan voz kechishning oson va tasdiqlangan usuli ushbu kitobda keltirilgan. Umuman olganda, odatlar - bu siz qabul qiladigan kichik qarorlar va har kuni bajaradigan harakatlaringizdir. Ushbu kitobning asosi mening to'rt bosqichli odatlar modelim - ishora, ishtiyiq, javob va mukofot - va bu qadamlardan kelib chiqadigan to'rtta xatti-harakat o'zgarishi qonunidir.

**Kalit so'zlar:** Atom odatlari, ishora, ishtiyiq, javob, mukofot.

## КАК ВЫРАБОТАТЬ ХОРОШИЕ ПРИВЫЧКИ И ИЗБАВИТЬСЯ ОТ ПЛОХИХ В КНИГЕ ДЖЕЙМСА КЛИРА "АТОМАРНЫЕ ПРИВЫЧКИ"

Аннотация

Джеймс Клир - писатель и оратор, сосредоточенный на привычках, принятии решений и постоянном совершенствовании. Он является автором книги «Атомные привычки». В этой книге представлен простой и проверенный способ выработать хорошие привычки и избавиться от плохих. В общем, привычки - это небольшие решения, которые вы принимаете, и действия, которые вы совершаете каждый день. В основе этой книги лежит моя четырехступенчатая модель привычек - сигнал, тяга, реакция и вознаграждение - и четыре закона изменения поведения, которые развиваются на основе этих шагов.

**Ключевые слова:** атомарные привычки, сигнал, тяга, реакция, вознаграждение.

**Introduction.** James Clear's "Atomic Habits" provides a welcome viewpoint on bringing about long-lasting change via the power of little habits in a society that frequently celebrates rapid success and dramatic makeovers. Clear skillfully illustrates how making tiny, consistent adjustments to our daily routines may result in amazing life benefits through a compelling combination of scientific evidence, useful advice, and real-world experiences. In an effort to encourage readers to read the book cover-to-cover and take a transformational trip, this article offers a thorough overview of its main ideas.

**Literature Review.** This book leads to success, good habits and amazing behavior. Your outcomes are a lagging measure of your habits. The writer has begun own story in this book. Although he faced challenges in life, he can achieve his goals. Tiny changes offer remarkable results-minor habits lead to major ones. The writer wrote that "While my peers stayed up late and video games, I built good sleep habits and went to bed early each night.

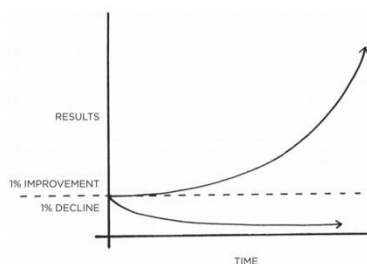
**Research methodology.** In the messy world of a college dorm, we made a point to keep my room neat and tidy. These improvements were minor, but they gave me a sense of control over my life. I started to feel confident again". As these and hundreds of other small improvements accumulated, the results came faster than anyone could have imagined. In this point, these are atomic habits. Meanwhile, improving by 1 percent isn't particularly notable - sometimes it isn't even noticeable - but it can be far more meaningful, especially in the long run. In addition, you should forget about goals and focuses on systems instead. Goals are about the results you want to achieve.

**Analysis and results.** Systems are about the processes that lead to those results. Also, a slight change in your daily habits can guide your life to a very different destination. Making a choice that is 1 percent better or 1 percent worse seems insignificant in the moment, but over the span of moments that make up a lifetime these choices determine the difference between who you are and who you could be. Success is the product of daily habits - not once-in-a-lifetime transformations.

1% BETTER EVERY DAY

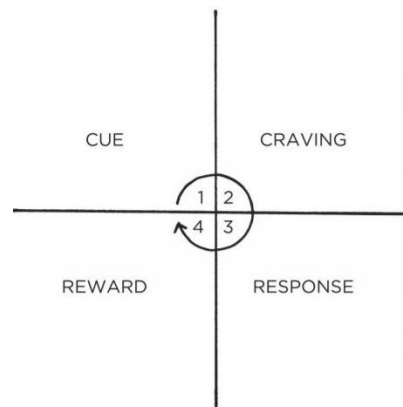
1% worse every day for one year.  $0.99365 = 00.03$

1% better every day for one year.  $1.01365 = 37.78$



One of the key points is to forget about goals, focus on systems instead. What is the difference between systems and goals? Goals are about the results you want to achieve. Systems are about the processes that lead to those results. For instance, imagine that if you're a coach, your goal might be to win a championship. Your system is the way you recruit players, manage your assistant coaches, and conduct practice. Or if you're an entrepreneur, your goal might be to build a million-dollar business. Your system is how you test product ideas, hire employees, and run marketing campaigns. Both of them show that if you focus on your systems, you can achieve a goal even though you deny your goals. Because, perfect system leads to success. There are a number of problems consider when looking at this issue. First and foremost, winners and losers have the same goals. Every Olympian wants to win a gold medal. Every candidate wants to get the job. And if successful and unsuccessful people share the same goals, then the goal cannot be what differentiates the winners from the losers. It was not the goal of winning the Tour de France that propelled the British cyclists to the top of the sport. Second one is achieving a goal is only a momentary change. Imagine you have a messy room and you set an outcome to clean it. If you summon the energy to tidy up, then you will have a clean room-for now. But if you maintain the same sloppy, pack-rat habits that led to a messy room in the first place, soon you will be looking at the new pile of clutter and hoping for another burst of motivation. You are left chasing the same outcome because you never changed the system behind it. You treated a symptom without addressing the cause. Achieving a goal only changes your life for the moment. We consider we need to change our results, but the results are not the problem. So as to improve for good, you need to tackle problems at the systems level. Fix the inputs and the outputs will fix themselves. Third one is goals restrict your happiness. The aim behind any goal is: "Once I reach my goal, then I will be happy". The problem with a goals-first mentality is that you are continually putting happiness off until the next milestone. The writer has slipped into his trap so many times he has lost count. For years, happiness was always something for his future self to enjoy. He promised himself that once he gained 20 pounds of muscle or after his business was featured in the New York Times, then he could finally relax. The last one is goals are at odds with long-term process. Many runners work hard for months, but as soon as they cross the finish line, they stop training. The race is no longer there to motivate them. When all of your hard work is focused on a particular goal, what is left to push you forward after you achieve it? This is why many people find themselves reverting to their old habits after accomplishing a goal. In addition, being hardworking is a step towards success. This four-step process is not something that happens occasionally, but rather it is an endless feedback loop that is running and active during every moment you are alive - even now. The brain is continually scanning the environment, predicting what will happen next, trying out different responses, and learning from the results. The entire process is completed in a split second, and we use it again and again without realizing everything that has been packed into the previous moment.

On the other hand, the process of building a habit can be divided into four simple steps: cue, craving, response, and reward. Breaking it down into these fundamental parts can help us understand what a habit is, how it works, and how to improve it.



First of all, there is a cue. The cue triggers your brain to initiate a behavior. Your mind is continuously analyzing your internal and external environment for hints of where rewards are located. Because the cue is the first indication that we're close a reward, it naturally leads to a craving. Craving is the second step, and they are the motivational force behind every habit. Without some level of motivation or desire-without craving a change -we have no reason to act. The third step is the response. The response is the actual habit you perform, which can take the form of a thought or an action. Finally, the response delivers a reward. Rewards are the end goal of every habit. The cue is about noticing the reward. The craving is about wanting the reward. The response is about obtaining the reward. We chase rewards because they serve two purposes: they satisfy us and they teach us. We can split these four steps into two phases: the problem phase and the solution phase. The problem phase includes the cue and the craving, and it is when you realize that something needs to change. The solution phase includes the response and the reward, and it is when you take action and achieve the change you desire.

The book discusses Dr. Bailey's second habit of success. It emphasizes how, over time, even a 1% increase sounds like a lot. The book is broken up into four sections. Every orbit delves into a distinct facet of habit building. It is broken down into four sections: make it clear, make it appealing, make it simple, and make it gratifying. The idea of atomic habits - small, simple routines that may make a big difference over time - is presented in the first section of the book Foundation. Additionally, he stresses that the act of educating in a joyful way is more important than the final product since it is the process that brings about long-lasting change. He presents the law of four behavior changes—cue, desire, reaction, and reward—in the second section of the book. He also stresses how crucial it is to create an atmosphere that encourages our desires. Habit has an important, environment-based influence in determining human behavior. It is said in the party that the habit format will allow for viewing. It must be simple. The more possibilities it presents. He talks on the value of charting progress and acknowledging little victories along the road, as well as the significance of beginning small and progressively building habits over time. The book's fourth section, "Make It Satisfying," tackles some of the typical obstacles that people run across while attempting to form positive habits. He has discussed the value of persistence and patience. Individuals who are willing to purchase solutions for conquering challenges including procrastination, temptation, and peer pressure. Atomic Habits is a well-written and helpful manual on developing new habits.

**Conclusion.** To sum up, in this ground-breaking book, clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. We should stay productive, motivated, and happy as we do something. It makes our work effectively. If we add improving 1 percent each day, it gathers a habit. Good habits make time your ally. Bad habits make time your enemy. Clear emphasizes that the objective should be constant improvement rather than perfection. He draws attention to the concept of "identity-based habits," in which individuals work to form routines that are consistent with the sort of person they wish to become.

James Clear provides a thorough and useful manual for comprehending and changing behaviors in "Atomic Habits". Through the integration of empirical data, practical case studies, and suggested approaches, the book equips readers with the means to effect long-term transformations in their lives. This book is an empowering tool for anybody wishing to increase their productivity, well-being, and personal development because of Clear's emphasis on little, gradual changes and the cumulative impact of regular practices.

#### **LITERATURE**

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