Habits Without Willpower

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A systems-based guide to shaping routines and surroundings so useful habits are easier to repeat.

Inside this guide

- Notice cues and friction that affect everyday behavior.
- Adjust environments to make intended actions more convenient.
- Plan for missed days and use reflection to improve a routine.

Who it may help

For readers who want practical ideas for making personal or work habits more consistent.

Putting the ideas to work

Choose one behavior to experiment with and revise the setup based on what you learn.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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