



Small Move, Big Change: Summary of the Key Ideas - Original Book by Caroline L. Arnold: Using Microresolutions to Transform Your Life Permanently

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It is easy to make resolutions, but following up on them requires a lot more effort. The reason why many people are unable to reach their goals is because they set their targets too high. Microresolutions can be much more effective, because we will be able to see results immediately and permanently change bad habits.

Who should read this book:

- People who have failed to follow through on their resolutions.
- Anyone who wants to make a lasting change and adopt better habits.
- People looking for ways to become more productive at work or to improve their relationships.

In this summary:

Chapter 1: Use microresolutions to achieve long-lasting changes

Chapter 2: Rule 1 – make your resolution easy and achievable

Chapter 3: Rule 2 – be specific about the starting date and time

Chapter 4: Rule 3 – microresolutions provide instant gratification

Chapter 5: Rule 4 – adjust your resolution to your personal needs

Chapter 6: Rule 5 – frame resolutions in a way that makes it easier to keep them

Chapter 7: Rule 6 – design cues to trigger new habits

Chapter 8: Rule 7 – two is the limit

Chapter 9: Keep finetuning your resolution to make it work

Chapter 10: Improve your lifestyle with the help of microresolutions

Chapter 11: Final Summary

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