

RECOMMENDED READING



BUSTAMANTE
FABARA

Atomic Habits:

An Easy & Proven Way to
Build Good Habits & Break
Bad Ones

by **James Clear**



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In our professional life, we often imagine that success depends on great victories: winning a complex case, closing a decisive negotiation, or achieving an important promotion. However, experience shows us that true excellence is built in the quiet and the consistent: in the discipline with which we review documents, in the meticulous preparation of an argument, or in the way we organize our time amid multiple demands.

James Clear's book *Atomic Habits* offers a powerful reflection: great achievements are the inevitable consequence of small habits repeated over time. Clear argues that it is not necessary to change everything at once, but rather to design systems that allow us to improve continuously, until progress becomes part of our identity.

Among its teachings, I highlight three that are especially valuable for our profession:

1. **The power of the compound effect.** In law, results are rarely immediate. Just as jurisprudence is consolidated over time, so too do our daily habits—carefully reviewing a clause, listening attentively to a client, dedicating extra minutes to organizing a file—accumulate and ultimately distinguish an ordinary lawyer from one who aspires to excellence.



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insight: great
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2. **Identity before goals.** Clear invites us to stop defining ourselves only by the objectives we achieve (“closing an arbitration,” “winning a favorable ruling”) and instead to build an identity that guides our practice: “I am a precise lawyer,” “I am a disciplined professional,” “I am a reliable strategist.” Focusing on who we want to be gives us consistency, beyond immediate results.
3. **Designing the environment for success.** Habits do not depend solely on willpower. In our work, this means creating clear workspaces, coordinated teams, and management systems that minimize distractions. A well-designed environment facilitates excellence and turns productivity into a natural state, not a titanic effort.

“Atomic Habits” reminds us that our profession, like life, does not transform abruptly but is built through the patient accumulation of correct decisions repeated every day. Adopting this approach not only strengthens our professional practice but also helps us maintain personal balance in a demanding and fast-paced legal world.

This work demonstrates that true change does not begin with grand declarations, but with simple actions that, repeated consistently, ultimately shape stronger, more humane, and better-prepared individuals for the challenges of the future.

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