

VOCABULARY · EPISODE 54

Atomic Habits Deep Dive Part 2

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to make it obvious

hacerlo obvio · ponerlo a la vista para no ignorarlo

DEF

to design your environment so that the cues for a desired habit are impossible to miss — visible, prominent, and unavoidable

Make it obvious is the first of James Clear's Four Laws of Behaviour Change. If your English materials are hidden in a drawer, you won't use them. Put them where you cannot avoid seeing them.

ES

Diseñar tu entorno para que las señales de un hábito deseado sean imposibles de pasar por alto — visibles, prominentes e inevitables.

Es la primera de las Cuatro Leyes del Cambio de Comportamiento de James Clear.

Make it obvious: leave your vocabulary notebook on the kitchen table, not in a bag.

Make it obvious: leave your vocabulary notebook on the kitchen table, not in a bag. -> Hazlo obvio: deja tu cuaderno de vocabulario en la mesa de la cocina, no en una bolsa.

She made her English practice obvious by putting headphones on the kitchen counter next to the coffee machine.

She made her English practice obvious by putting headphones on the kitchen counter next to the coffee machine. -> Puso a la vista su práctica de inglés colocando los auriculares en la encimera de la cocina junto a la cafetera.

2

to make it attractive

hacerlo atractivo · hacer que apetezca hacerlo

DEF

to pair a habit you need to build with something you already enjoy, so that doing the habit feels like a reward rather than a chore

Make it attractive is the second of James Clear's laws — using temptation bundling to link an unpleasant necessary action with a pleasant reward. Pair English listening with your morning coffee, not with your least favourite time of day.

ES

Combinar un hábito que necesitas construir con algo que ya disfrutas, para que hacerlo se sienta como una recompensa en lugar de una tarea.

Es la segunda ley de James Clear — usar la agrupación de tentaciones para vincular una acción necesaria desagradable con una recompensa agradable.

Make it attractive: only listen to your favourite podcast while doing English practice.

Make it attractive: only listen to your favourite podcast while doing English practice. -> Hazlo atractivo: solo escucha tu podcast favorito mientras practicas inglés.

She made vocabulary review attractive by doing it in a comfortable chair with good coffee — not at her desk.

She made vocabulary review attractive by doing it in a comfortable chair with good coffee — not at her desk. -> Hizo que repasar el vocabulario apetiesera haciéndolo en una silla cómoda con buen café, no en su escritorio.

3

to make it easy

facilitarlo · reducir el esfuerzo necesario para hacer algo

DEF

to reduce the effort, friction or steps required to do something so that starting it feels effortless

Make it easy is the third law of Atomic Habits. The fewer steps between you and your English practice, the more likely you are to do it. If your podcast app is three taps away, you will practise less than if it opens automatically when you put in your headphones.

ES

Reducir el esfuerzo, fricción o pasos requeridos para hacer algo de modo que empezararlo se sienta sin esfuerzo.

La tercera ley de Atomic Habits. Cuantos menos pasos entre tú y tu práctica de inglés, más probable es que la hagas.

Make English practice easy — reduce the number of steps between you and the habit.

Make English practice easy — reduce the number of steps between you and the habit. -> Facilita la práctica de inglés — reduce el número de pasos entre tú y el hábito.

She made it easy by laying out her English notebook the night before so it was the first thing she saw.

She made it easy by laying out her English notebook the night before so it was the first thing she saw. -> Lo facilitó dejando su cuaderno de inglés preparado la noche anterior para que fuera lo primero que viera.

to make it satisfying

4

hacerlo satisfactorio · añadir una recompensa inmediata que hace querer repetir el hábito

DEF

to attach a positive feeling or immediate reward to a behaviour so that your brain wants to repeat it

Make it satisfying is the fourth and final law of Atomic Habits. Habits that feel good are repeated. Habits that feel neutral or unpleasant are abandoned. Adding a small celebration, treat, or feeling of completion to your English sessions tells your brain: this was worth doing.

ES

Añadir una sensación positiva o recompensa inmediata a un comportamiento para que tu cerebro quiera repetirlo.

La cuarta y última ley de Atomic Habits. Los hábitos que se sienten bien se repiten. Los neutrales o desagradables se abandonan.

Make English study satisfying in the moment — your brain repeats what feels good.

Make English study satisfying in the moment — your brain repeats what feels good. -> Haz que el estudio de inglés sea satisfactorio en el momento — tu cerebro repite lo que se siente bien.

She made sessions satisfying by tracking them on a wall chart — the visual streak was its own reward.

She made sessions satisfying by tracking them on a wall chart — the visual streak was its own reward. -> Hizo las sesiones satisfactorias registrándolas en un gráfico de pared — la racha visual era su propia recompensa.

5

to reduce friction

reducir la fricción · eliminar los obstáculos que dificultan hacer algo

DEF

to remove the obstacles, effort or inconvenience that stand between you and a behaviour you want to do

Reduce friction is the design principle behind habit formation. Friction is everything that makes starting harder: distance to a gym, number of app taps, noise in your study space. Every small reduction in friction makes the habit slightly more likely. It compounds over time.

ES

Eliminar los obstáculos, esfuerzo o inconveniencia que se interponen entre tú y un comportamiento que quieres hacer.

El principio de diseño detrás de la formación de hábitos. La fricción es todo lo que hace más difícil empezar.

Reduce friction for English practice — close the apps that distract you before you begin.

Reduce friction for English practice — close the apps that distract you before you begin. -> Reduce la fricción para la práctica de inglés — cierra las aplicaciones que te distraen antes de comenzar.

She reduced friction by creating a dedicated English folder on her phone home screen so starting was instant.

She reduced friction by creating a dedicated English folder on her phone home screen so starting was instant. -> Redujo los obstáculos que dificultan hacer algo creando una carpeta de inglés dedicada en la pantalla de inicio de su teléfono para que empezar fuera instantáneo.

environment design

6

el diseño del entorno · organizar el entorno físico o digital para facilitar los hábitos deseados

DEF

deliberately arranging your physical or digital surroundings to make desired behaviours easier and undesired behaviours harder

Environment design is the architect's approach to habit building. Instead of relying on willpower, you build an environment where the right choices are automatic. For English learners, this means: phone language set to English, English podcasts ready, English books visible.

ES

Organizar deliberadamente tu entorno físico o digital para hacer los comportamientos deseados más fáciles y los no deseados más difíciles.

El enfoque del arquitecto para construir hábitos. En lugar de depender de la fuerza de voluntad, construyes un entorno donde las elecciones correctas son automáticas.

Design your environment for English — your surroundings should make practice the path of least resistance.

Design your environment for English — your surroundings should make practice the path of least resistance. -> Diseña tu entorno para el inglés — tu entorno debería hacer de la práctica el camino de menor resistencia.

He improved his listening not by forcing himself but by engineering his environment: English-only podcast feeds.

He improved his listening not by forcing himself but by engineering his environment: English-only podcast feeds. -> Mejoró su escucha no obligándose sino organizando su entorno: solo feeds de podcasts en inglés.

to prime something

7

preparar de antemano · preparar algo con anticipación para que esté listo de inmediato

DEF

to prepare something in advance so that it is ready to use immediately — setting up conditions for the desired behaviour

Prime is the setup verb: you do the preparation before you need the thing, so when the moment comes, no effort is required. Priming for English: laying out your notebook, loading your podcast app, having your vocabulary list open. Remove the setup friction before the session.

ES

Preparar algo con anticipación para que esté listo para usarse de inmediato — establecer condiciones para el comportamiento deseado.

El verbo de preparación: haces la preparación antes de necesitar la cosa, para que cuando llegue el momento no se requiera esfuerzo.

Prime your study space the night before — notebook open, pen ready, podcast queued.

Prime your study space the night before — notebook open, pen ready, podcast queued. -> Prepara de antemano tu espacio de estudio la noche anterior — cuaderno abierto, bolígrafo listo, podcast en cola.

She primed her commute for listening by loading podcasts in advance every Sunday evening.

She primed her commute for listening by loading podcasts in advance every Sunday evening. -> Preparaba de antemano su trayecto al trabajo para escuchar cargando podcasts con anticipación cada tarde del domingo.

8

cue-routine-reward

señal-rutina-recompensa · las tres partes del bucle de hábito

DEF

the three-part structure of a habit loop: a trigger (cue) leads to a behaviour (routine) which produces a positive outcome (reward)

Cue-routine-reward is the full name for the habit loop. Understanding all three parts is what gives you control over your habits — you can change the cue, swap the routine, or redesign the reward. For English learners: identify which cue already exists, attach the English routine to it, and add a satisfying reward.

ES

La estructura de tres partes de un bucle de hábito: un desencadenante lleva a un comportamiento que produce un resultado positivo.

El nombre completo del bucle de hábito. Entender las tres partes te da control sobre tus hábitos.

Map your English habit using cue-routine-reward and you will understand exactly where it is breaking down.

Map your English habit using cue-routine-reward and you will understand exactly where it is breaking down. -> Mapea tu hábito de inglés usando señal-rutina-recompensa y entenderás exactamente dónde se está rompiendo.

She mapped her bad habit and her good one using cue-routine-reward and realised they shared the same cue.

She mapped her bad habit and her good one using cue-routine-reward and realised they shared the same cue. -> Mapeó su mal hábito y el bueno usando las tres partes del bucle de hábito y se dio cuenta de que compartían la misma señal.

9

identity-based habits

hábitos basados en la identidad · construir hábitos alrededor de quien quieres ser

DEF

the idea that long-lasting habits are built not around outcomes but around who you want to become — 'I am a daily English learner'

Identity-based habits is the most powerful framing in Atomic Habits. Instead of saying 'I want to learn English', you say 'I am someone who practises English every day'. Every practice session is then evidence of that identity, which reinforces both the habit and the self-image.

ES

La idea de que los hábitos duraderos se construyen no alrededor de los resultados sino alrededor de quien quieres llegar a ser.

El encuadre más poderoso en Atomic Habits. En lugar de 'quiero aprender inglés', dices 'soy alguien que practica inglés cada día'.

Shift from outcome goals to identity: say 'I am an English learner' rather than 'I want to learn English'.

Shift from outcome goals to identity: say 'I am an English learner' rather than 'I want to learn English'. -> Cambia de objetivos de resultados a identidad: di 'soy un estudiante de inglés' en lugar de 'quiero aprender inglés'.

Once she started thinking of herself as an English person rather than a learner, her habits became effortless.

Once she started thinking of herself as an English person rather than a learner, her habits became effortless. -> Una vez que empezó a construir su identidad como persona de inglés en lugar de estudiante, sus hábitos se volvieron sin esfuerzo.

two-minute rule

10

la regla de los dos minutos · empezar cualquier nuevo hábito con algo que dure dos minutos o menos

DEF

the principle that any new habit should start as something that takes two minutes or less, making starting easy and the habit impossible to skip

The two-minute rule is James Clear's anti-procrastination tool. You cannot convince yourself to practise English for an hour when you are tired, but you can always do two minutes. Once you start, you often continue. The rule is about getting started, not staying small.

ES

El principio de que cualquier nuevo hábito debería comenzar como algo que dure dos minutos o menos, haciendo que empezar sea fácil y el hábito imposible de saltarse.

La herramienta anti-procrastinación de James Clear. No puedes convencerte de practicar inglés una hora cuando estás cansado, pero siempre puedes hacer dos minutos.

Apply the two-minute rule — start your English session with just two minutes and see what happens.

Apply the two-minute rule — start your English session with just two minutes and see what happens. -> Aplica la regla de los dos minutos — empieza tu sesión de inglés con solo dos minutos y ve qué pasa.

She used the two-minute rule and found that her 'two-minute' sessions regularly stretched to thirty.

She used the two-minute rule and found that her 'two-minute' sessions regularly stretched to thirty. -> Usó la regla de los dos minutos y descubrió que sus sesiones de 'dos minutos' regularmente se extendían a treinta.