

# Build Better Habits with Atomic Habits

Join us for an inspiring and interactive workshop based on the bestselling book *Atomic Habits* by James Clear. Discover how tiny changes can create remarkable results in your academics, career, and personal life.



**Date: September 16, 2025**

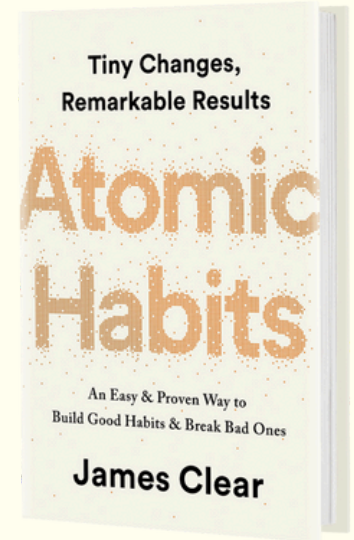


**Time: 1:00 pm - 2:30 pm**



**Location: In Person: SSB 287**

**Zoom: <https://bit.ly/44RNrP1>**



## What You'll Learn:

- ✓ How habits are formed and how to break bad ones
- ✓ Simple strategies to stay consistent and motivated
- ✓ Tools to help you reach your goals — one step at a time
- ✓ Real-life applications for student success

**FREE book for the first 20 attendees in person!**



**@eopsecc**

#### ECC STATEMENT:

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.

