

Hey Jordan,

I hope you're doing well! I remember in our last chat you mentioned wanting to find ways to stay motivated and reduce stress, especially with all the assignments piling up lately. I just finished reading an awesome self-help book called "**Atomic Habits**" by **James Clear**, and I thought of you right away-it's seriously packed with practical tips and advice.

One of the coolest things about this book is how it breaks down personal growth into really manageable steps. Clear talks about focusing on small, daily changes instead of stressing over huge, overwhelming goals. I started applying his strategy of just improving by 1% every day, and it honestly made my routine feel so much less stressful. The book also dives into how our environment affects our habits, and it gave me some great ideas on setting up my study space so I'm less distracted (no more endless scrolling for me!).

What I found most helpful is the way he discusses motivation. Instead of waiting to "feel" motivated, Clear suggests building systems that make it easier to do the things we want to do. It's really encouraging, especially when procrastination creeps in. Reading this made me realize I don't have to be perfect or work nonstop to make progress-I just need to be consistent with small, positive changes.

If you're looking for some inspiration and straightforward advice that you can actually use, I think you'd get a lot out of "Atomic Habits." Let me know if you want to borrow my copy-I'd be happy to pass it along when you have time!

Take care and see you in class!

Best,
Alex