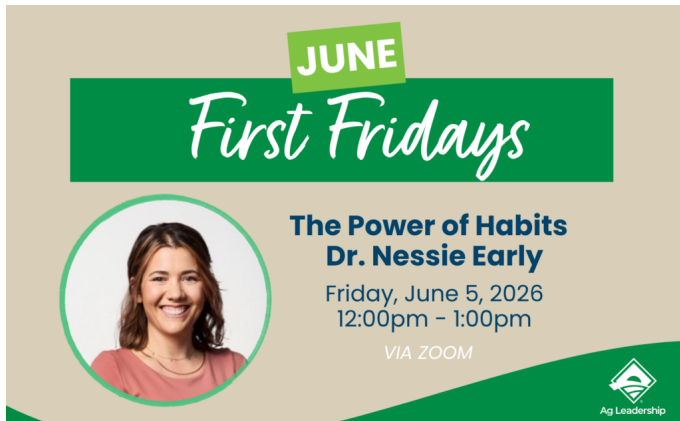


June First Friday - The power of habits with Dr. Nessie Early



Friday, June 5, 2026
12:00pm - 1:00pm

Join us on **Friday, June 5, 2026 at noon** for an hour-long seminar about the power of habits. **Dr. Nessie Early will be joining us** and taking us through the importance of establishing positive habits and how to create meaningful, lasting changes in daily routines. This mini seminar is inspired by the exercises and workbooks Class 55 is focusing on throughout their summer break.

We will explore the idea that lasting self-improvement comes from small, consistent behavioral changes repeated over time. By focusing on systems and identity rather than goals alone, these practices help turn everyday actions into long-term personal and professional growth. Fellows will gain practical tools for building positive habits and breaking those that no longer serve them.

To learn more about this topic, we encourage you to explore the following resources:

Books

- *Atomic Habits* by James Clear
- *The Power of Habit* by Charles Duhigg

Podcast

- *How to develop the habits you want - and get rid of the ones you don't* (with James Clear)

TED Talk

- *The habit that could improve your career (and your life)* by Paul Catchlove