

10 KEY TAKEAWAYS

The Habit Advantage: Applying Behavioral Science for Legal Impact

On March 19, Kilpatrick’s [Tiffani Otey](#) (Trademark Partner) and [Colleen Bear](#) (Talent Management Senior Manager & Coach) teamed up with Nikki Dossman, Senior IP Counsel at Labcorp, for an engaging virtual roundtable on building winning habits in legal practice. Drawing inspiration from bestsellers Atomic Habits (James Clear) and The Power of Habit (Charles Duhigg), the panel shared practical strategies, real-world legal scenarios, and live insights from both in-house and law firm leaders. Attendees walked away with actionable tips to boost productivity, streamline daily routines, and create positive ripple effects across their teams.

Here’s what we learned—and why you’ll want to join us next time:

1

Small Habits, Big Impact: Tiny changes in your daily routine can lead to huge wins for your practice - just ask James Clear, who calls habits “the compound interest of self-improvement.” Start small and let the results stack up.

2

The Habit Loop - Your Secret Weapon: Every habit starts with a cue, routine, and reward. Spot your triggers, tweak your routines, and celebrate wins—Charles Duhigg’s habit loop can transform how legal teams work.

3

Make It Obvious: Want to remember important tasks? Put them front and center. Clear’s first law: “Make cues for good habits visible.” Place that case file where you can’t miss it!

4

Keystone Habits Ripple: One positive habit—like a morning case review or regular client updates—can spark better teamwork, fewer emergencies, and higher client satisfaction. Duhigg calls these “keystone habits” for a reason.

5

Habit Stacking is Your Shortcut: Link new habits to existing routines. After you check email, review your active matters for five minutes. Clear’s habit stacking makes change effortless.

6

Swap the Routine, Keep the Reward: Struggling with a stubborn habit? Don’t fight the cue—just change the routine. Duhigg’s “Golden Rule” says: swap venting for a quick walk, but keep that stress relief.

7

Make It Attractive and Easy: Pair tasks you need to do with ones you love. Use templates and the “two-minute rule” to make positive habits simple. Clear’s laws help you beat procrastination.

8

Celebrate Small Wins: Track your progress and reward yourself—mark an X on your calendar for every goal hit. Clear’s “Make It Satisfying” law keeps motivation high.

9

The 1% Rule: Progress Over Perfection: If you improve by just 1% each day, those gains compound into remarkable results. In legal practice, continuous improvement trumps overnight change.

10

Habits Build Team Culture: Strong team rituals - like debriefs and check-ins - build trust and accountability. Duhigg reminds us that habits shape not just productivity, but your team's culture.

Why Attend?

Want more actionable tips and candid conversations? Look for our next “Dynamic Thinking for an Interpersonal Edge” session coming soon!

You’ll leave with tools and tactics you can use immediately to collaborate smarter, lead better, and make your legal workday a little easier.