

APPENDICES

Appendix A. The Organization of Chapters in *Atomic Habits*

Section	Chapter	Title	Short Description
Introduction		My Story	James Clear shares his personal experience and discovery of small habit changes.
THE FUNDAMENTALS: Why Tiny Changes Make a Big Difference	1	The Surprising Power of Atomic Habits	Small habits create powerful long-term results through consistent improvement.
	2	How Your Habits Shape Your Identity (and Vice Versa)	Habits shape identity, and identity reinforces consistent behavior.
	3	How to Build Better Habits in 4 Simple Steps	Habits follow four stages: cue, craving, response, and reward.
THE 1 ST LAW: Make It Obvious	4	The Man Who Didn't Look Right	Awareness helps identify and change existing habits.
	5	The Best Way to Start a New Habit	Clearly planning when and where a habit occurs improves success.
	6	Motivation Is Overrated; Environment Often Matters More	Environment strongly influences habits more than motivation.
	7	The Secret to Self-Control	Removing cues helps avoid bad habits and maintain self-control.
THE 2 ND LAW: Make It Attractive	8	How to Make a Habit Irresistible	Link new habits with enjoyable activities to increase attraction.
	9	The Role of Family and Friends in Shaping Your Habits	Social groups influence and reinforce daily habits.
	10	How to Find and Fix the Causes of Your Bad Habits	Identify craving behind bad habits to replace them.
THE 3 RD LAW: Make It Easy	11	Walk Slowly, but Never Backward	Small but consistent improvements lead to meaningful long-term progress.

	12	The Law of Least Effort	Habits succeed when actions are easy and convenient.
	13	How to Stop Procrastinating by Using the Two-Minute Rule	Start habits with small actions that take two minutes.
	14	How to Make Good Habits Inevitable and Bad Habits Impossible	Use systems and commitment devices to control behavior.
THE 4 TH LAW: Make It Satisfying	15	The Cardinal Rule of Behavior Change	Habits recur when behaviors are followed by satisfying rewards.
	16	How to Stick with Good Habits Every Day	Habit tracking helps maintain consistency and motivation.
	17	How an Accountability Partner Can Change Everything	Accountability increases commitment to maintaining habits.
ADVANCED TACTICS: How to Go from Being Merely Good to Being Truly Great	18	The Truth About Talent (When Genes Matter and When They Don't)	Success improves when habits match personal strengths
	19	The Goldilocks Rule: How to Stay Motivated in Life and Work	Motivation stays high with moderately challenging tasks.
	20	The Downside of Creating Good Habits	Habits can limit awareness if performed automatically.
Conclusion		The Secret to Results That Last	Small habits and consistent systems lead to long-term changes.

Appendix B. Frequency and Percentage of Each Translation Method Used by The Translator

Translation Method	F (Frequency)	P (Percentage) (%)
Communicative Translation	62	73%
Free Translation	7	8%
Semantic Translation	6	7%

Idiomatic Translation	5	6%
Literal Translation	4	5%
Faithful Translation	1	1%
TOTAL	85	100%

Appendix C. Translation Method Found in Data

No. Data	Source Text	No. Data	Target Text	Translation method
1/C.0/P.1 /L.4	As my classmate took a full swing...	1/C.0/P.1 /L.4	Ketika seorang teman mengambil giliran memukul...	Communicative translations
2/C.0/P.1 /L.6	...the moment of impact .	2/C.0/P.1 /L.8	...peristiwa benturan yang dahsyat itu .	Communicative translation
3/C.0/P.1 /L.13	...and running over to help.	3/C.0/P.1 /L.17	...dan memburu untuk memberikan bantuan.	Semantic translation
4/C.0/P.1 /L.19	My teacher looped his arm around my shoulder and we began the long walk to the nurse's office...	4/C.0/P.2 /L.1	Guru saya merangkul dan mengajak saya memulai perjalanan panjang dengan berjalan ke klinik sekolah...	Communicative translation
5/C.0/P.1 /L.21	Random hands touched my sides...	5/C.0/P.2 /L.3	Entah berapa orang yang memapah saya...	Free translation
6/C.0/P.1 /L.22	...every minute mattered .	6/C.0/P.2 /L.5	...setiap menit dalam situasi ini sangatlah penting .	Communicative translation
7/C.0/P.2 /L.7	...I was carried out of school and taken to the local hospital.	7/C.0/P.2 /L.21	...saya diangkut ke rumah sakit terdekat.	Communicative translation (with significant reduction)
8/C.0/P.2 /L.15	...on a bumpy sidewalk...	8/C.0/P.2 /L.31	...di sepanjang jalan...	Communicative translation

9/C.0/P.2 /L.16	...while another pumped each breath into me by hand.	9/C.0/P.2 -3/L.32	...sementara perawat lain tak henti memompakan oksigen.	Communicative translation
10/C.0/P.2 2/L.23	He choked back tears as he explained...	10/C.0/P.3 3/L.6	Dengan berkaca-kaca ia mengatakan...	Communicative translation
11/C.0/P.2 2/L.24	After passing my siblings off to family and friends, he drove to Cincinnati to meet my mother.	11/C.0/P.3 3/L.9	Setelah menitipkan adik-adik saya kepada keluarga dan teman, ia berkendara ke Cincinnati untuk menemani ibu saya.	Communicative translation
12/C.0/P.2 2/L.35	My parents were no strangers to this hospital.	12/C.0/P.3 3/L.20	Orangtua saya bukan pertama kali ke rumah sakit ini.	Communicative translation
13/C.0/P.3 3/L.12	...one moment they would collapse from fatigue, the next they would be wide awake with worry.	13/C.0/P.4 4/L.5	... mereka sangat kelelahan, tapi bolak balik terbangun dengan rasa cemas.	Communicative translation
14/C.0/P.3 3/L.27	... but it was hard to tell how long this would take.	14/C.0/P.4 4/L.22	... tapi entah berapa lama waktu yang diperlukan.	Communicative translation
15/C.0/P.3 3/L.31	...and a bulging left eye.	15/C.0/P.4 4/L.27	...dan mata kiri yang nyaris lepas.	Communicative translation
16/C.0/P.3 3/L.36	Between the seizures and my vision problems...	16/C.0/P.5 5/L.2	Karena kadang masih kejang-kejang dan penglihatan masih bermasalah...	Communicative translation
17/C.0/P.4 4/L.3	I was determined not to let my injury get me down...	17/C.0/P.5 5/L.6	Saya bertekad tidak membiarkan kecelakaan itu meruntuhkan semangat saya...	Idiomatic translation

18/C.0/P. 4/L.8	My dad had played minor league baseball for the St. Louis Cardinals...	18/C.0/P. 5/L.10	Ayah saya pernah bermain untuk sebuah klub liga kecil bernama St. Louis Cardinals...	Semantic translation
19/C.0/P. 4/L.18	...desperately searching for a song that would make me feel better.	19/C.0/P. 5/L.23	...mendengarkan lagu-lagu penghibur kegalauan saya.	Free translation
20/C.0/P. 4/L.21	...I played eleven innings of high school varsity baseball, barely more than a single game.	20/C.0/P. 5/L.27	...saya memainkan sebelas inning dalam pertandingan bisbol tim utama, hampir tidak mencapai satu <i>game</i> pun.	Literal translation
21/C.0/P. 4/L.28	...surprising power...	21/C.0/P. 6/L.4	...kekuatan dahsyat...	Communicative translation
22/C.0/P. 4/L.32	...I was thrilled .	22/C.0/P. 6/L.9	...kegembiraan saya meluap-luap .	Idiomatic Translation
23/C.0/P. 4/L.34	...so i focused on getting my life in order .	23/C.0/P. 6/L.13	...jadi saya berfokus pada upaya mengatur diri .	Communicative translation
24/C.0/P. 4-5/L.34	While my peers stayed up late and played video games...	24/C.0/P. 6/L.13	Sementara teman-teman begadang untuk mengobrol atau bermain video game...	Communicative translation
25/C.0/P. 5/L.3	These improvements were minor ...	25/C.0/P. 6/L.18	Perbaikan-perbaikan ini remeh ...	Semantic translation
26/C.0/P. 5/L.13	...my six-foot-four-inch frame bulked up from a featherweight 170 to a lean 200 pounds.	26/C.0/P. 7/L.1	...tubuh saya yang setinggi 190 cm bertambah kekar dengan bobot naik dari 85 kg menjadi 100 kg .	Communicative translation

27/C.0/P. 5/L.27	I hope you'll forgive me if this sounds boastful.	27/C.0/P. 7/L.17	Semoga Anda memafkan saya karena cerita yang terkesan berlebihan ini.	Communicative translation
28/C.0/P. 5/L.33	This injury was one of mine...	28/C.0/P. 7/L.25	Bagi saya, tantangan itu adalah cedera dalam olahraga...	Free translation
29/C.0/P. 6/L.14	...and I was finally ready to share some of them publicly.	29/C.0/P. 8/L.19	...dan saya akhirnya siap membagikan semua itu kepada publik.	Communicative translation
30/C.0/P. 6/L.20	...which made it one of the fastest-growing newsletters on the internet.	30/C.0/P. 8/L.26	...yang menjadikannya salah satu <i>newsletter</i> dengan pertumbuhan paling cepat di internet.	Literal translation
31/C.0/P. 6/L.21	I had felt like an impostor...	31/C.0/P. 8/L.27	Saya merasa menjadi pembual...	Communicative translation
32/C.0/P. 6/L.31	I found myself delivering keynote speeches.	32/C.0/P. 9/L.10	Saya menjadi pembicara utama...	Communicative translation
33/C.0/P. 7/L.5	...over ten thousand leaders, managers, coaches, and teachers have graduated from the Habits Academy...	33/C.0/P. 9/L.24	...lebih dari sepuluh ribu pemimpin, manajer, pelatih, dan guru telah digembleng oleh Habits Academy...	Idiomatic translation
34/C.0/P. 7/L.17	... I had to live them.	34/C.0/P. 10/L.10	...saya terpaksa mempraktikkan nya.	Communicative translation
35/C.0/P. 7/L.29	The fields I draw on...	35/C.0/P. 10/L.28	Bidang-bidang yang saya manfaatkan...	Communicative translation

36/C.0/P. 8/L.1	The backbone of this book is my four-step model of habits— cue, craving, response, and reward.	36/C.0/P. 11/L.8	Tulang punggung buku ini adalah model kebiasaan empat langkah saya— mendapatkan petunjuk (cue), menumbuhkan gairah (craving), menanggapi (response), dan menikmati hasilnya (reward).	Communicative translation
37/C.0/P. 8/L.8	Behavioral scientists like Skinner realized that if you offered the right reward or punishment...	37/C.0/P. 11/L.18	Ilmuwan perilaku seperti Skinner sadar bahwa jika menawarkan ganjaran yang tepat...	Free translation
38/C.0/P. 8/L.11	external stimuli	38/C.0/P. 11/L.22	rangsangan dari luar	Literal translation
39/C.0/P. 8/L.19	...both the influence of external stimuli and internal emotions...	39/C.0/P. 11/L.32	...pengaruh rangsangan eksternal dan emosi internal...	Faithful translation
40/C.0/P. 8/L.22	...will offer a new way to think about your habits.	40/C.0/P. 12/L.3	...akan menawarkan cara baru untuk membentuk kebiasaan-kebiasaan Anda.	Communicative translation
41/C.1/P. 10/L.2	The Surprising Power of Atomic Habits	41/C.1/P. 15/L.2	Dahsyatnya Kekuatan Atomic Habits	Communicative translation
42/C.1/P. 10/L.7	... had endured nearly one hundred years of mediocrity.	42/C.1/P. 15/L.8	... telah mengalami hampir seratus tahun dalam prestasi yang sedang-sedang saja.	Communicative translation
43/C.1/P. 10/L.9	... and they had fared even	43/C.1/P. 15/L.10	... dan prestasi mereka bahkan	Communicative translation

	worse in cycling's biggest race...		lebih buruk lagi di lomba balap sepeda paling akbar...	
44/C.1/P. 10/L.13	...they were afraid that it would hurt sales if other professionals saw the Brits using their gear.	44/C.1/P. 15/L.16	...karena takut berpengaruh buruk pada penjualan sepedanya seandainya pembalap- pembalap profesional lain melihat atlet-atlet Inggris memakai produk tersebut.	Communicative translation
45/C.1/P. 10/L.17	"the aggregation of marginal gains"	45/C.1/P. 16/L.1	"penghimpunan perolehan kecil"	Communicative translation
46/C.1/P. 11/L.9	...to reduce the chances of catching a cold.	46/C.1/P. 16/L.27	...guna mengurangi peluang terkena virus influenza.	Communicative translation
47/C.1/P. 11/L.10	...that led to the best night's sleep for each rider.	47/C.1/P. 16/L.28	...yang memungkinkan tidur lebih nyenyak bagi tiap pembalap.	Communicative translation
48/C.1/P. 11/L.17	Just five years after Brailsford took over...	48/C.1/P. 17/L.6	Hanya lima tahun sejak Brailsford direkrut...	Communicative translation
49/C.1/P. 11/L.21	...the Brits raised the bar as they set nine Olympic records and seven world records.	49/C.1/P. 17/L.11	...atlet-atlet Inggris menaikkan batas minimal prestasi mereka dan membuhkan sembilan rekor Olimpiade serta tujuh rekor dunia.	Communicative translation
50/C.1/P. 12/L.6	earth- shattering improvement	50/C.1/P. 18/L.13	perubahan yang akan mengguncang bumi	Communicative translation

51/C.1/P. 12/L.10	...especially in the long run.	51/C.1/P. 18/L.17	...terutama dalam jangka panjang.	Semantic translation
52/C.1/P. 12/L.10	The difference a tiny improvement can make over time is astounding.	52/C.1/P. 18/L.17	Perubahan dari suatu perbaikan sangat kecil tapi berlanjut dalam waktu lama bisa sangat dahsyat.	Communicative translation
53/C.1/P. 12/L.11	Here's how the math works out...	53/C.1/P. 18/L.19	Berikut penjelasan matematikanya..	Communicative translation
54/C.1/P. 13/L.1	The effects of small habits compound over time.	54/C.1/P. 19/L.3	Pengaruh kebiasaan kecil berakumulasi sejalan waktu.	Communicative translation
55/C.1/P. 13/L.4	Habits are the compound interest of self-improvement.	55/C.1/P. 19/L.7	Kebiasaan adalah bunga majemuk dalam perbaikan diri.	Literal translation
56/C.1/P. 13/L.7	...and yet the impact they deliver over the months and years can be enormous.	56/C.1/P. 19/L.12	...tapi dampak yang terjadi setelah berbulan-bulan dan bertahun-tahun kemudian bisa dahsyat.	Communicative translation
57/C.1/P. 13/L.9	...the value of good habits and the cost of bad ones becomes strikingly apparent.	57/C.1/P. 19/L.14	...nilai kebiasaan yang baik dan kerugian akibat kebiasaan buruk menjadi luar biasa nyata.	Communicative translation
58/C.1/P. 13/L.11	This can be a difficult concept to appreciate in daily life.	58/C.1/P. 20/L.1	Dalam kehidupan sehari-hari konsep ini mungkin sulit dianggap baik.	Communicative translation
59/C.1/P. 13/L.14	If you go to the gym three days in a row, you're still out of shape.	59/C.1/P. 20/L.4	Jika Anda pergi ke sasana kebugaran tiga hari berturut-turut, bentuk tubuh Anda belum berubah.	Communicative translation

60/C.1/P. 13/L.18	Unfortunately, the slow pace of transformation also makes it easy to let a bad habit slide.	60/C.1/P. 20/L.11	Sayangnya, laju transformasi yang lambat juga memudahkan kita membiarkan kebiasaan buruk tetap terjadi.	Communicative translation
61/C.1/P. 14/L.11	If a pilot leaving from LAX...	61/C.1/P. 20/L.30	Seandainya seorang pilot meninggalkan LAX (kode untuk bandara internasional Los Angeles)...	Communicative translation
62/C.1/P. 14/L.14	...the nose of the airplane moves just a few feet...	62/C.1/P. 21/L.3	...hidung pesawat bergeser tak sampai tiga meter...	Communicative translation
63/C.1/P. 14/L.30	financial freedom	63/C.1/P. 21/L.25	kemerdekaan finansial	Communicative translation
64/C.1/P. 14/L.32	Your outcomes are a lagging measure of your habits.	64/C.1/P. 22/L.1	Hasil-hasil Anda menunjukkan ukuran yang mengikuti kebiasaan- kebiasaan Anda.	Free translation
65/C.1/P. 14/L.35	Your clutter is a lagging measure of your cleaning habits.	65/C.1/P. 22/L.6	Seberapa rapi rumah Anda menunjukkan tingkat kebiasaan Anda dalam hal beres- beres rumah.	Communicative translation
66/C.1/P. 15/L.1	...all you have to do is follow the curve of tiny gains or tiny losses...	66/C.1/P. 22/L.10	...yang harus Anda lakukan hanyalah mengikuti kurva keberhasilan- keberhasilan kecil atau kegagalan- kegagalan kecil...	Communicative translation
67/C.1/P. 15/L.4	Are you making it into	67/C.1/P. 22/L.14	Apakah Anda memastikan pergi	Communicative translation

	the gym each week?		berolahraga tiap pekan?	
68/C.1/P. 15/L.12	...which is why understanding the details is crucial.	68/C.1/P. 22/L.25	Itu sebabnya pemahaman atas hal-ikhwal kebiasaan sangatlah penting.	Communicative translation
69/C.1/P. 15/L.31	Stress compounds	69/C.1/P. 23/L.4	Bunga majemuk yang membuat stress	Free translation
70/C.1/P. 15/L.32	The worry of making ends meet.	70/C.1/P. 23/L.8	Kecemasan apakah uang cukup sampai akhir bulan.	Communicative translation
71/C.1/P. 15/L.36	You get trapped in a thought loop.	71/C.1/P. 23/L.23	Anda terperangkap dalam lingkaran setan pikiran.	Idiomatic translation
72/C.1/P. 15/L.28	People reflect your behavior back to you.	72/C.1/P. 24/L.3	Orang cenderung membalas perilaku Anda kepada mereka.	Communicative translation
73/C.1/P. 16/L.20	...as it builds extensive root systems underground before exploding ninety feet into the air...	73/C.1/P. 25/L.3	...karena sibuk membangun sistem akar yang kukuh di bawah tanah sebelum menjulang puluhan meter ke udara...	Communicative translation
74/C.1/P. 16/L.24	In the early and middle stages of any quest , there is often a Valley of Disappointment.	74/C.1/P. 25/L.8	Pada babak awal dan babak tengah suatu proyek atau usaha , sering kali ada yang disebut Lembah Kekecewaan.	Communicative translation
75/C.1/P. 16/L.28	It doesn't feel like you are going anywhere.	75/C.1/P. 25/L.13	Rasanya seolah Anda jalan di tempat.	Idiomatic translation
76/C.1/P. 17/L.2	...habits need to persist long	76/C.1/P. 25/L.23	...kebiasaan perlu dipertahankan	Communicative translation

	enough to break through this plateau—what I call the Plateau of Latent Potential.		cukup lama untuk bisa membuat terobosan ke tataran yang saya sebut Dataran Potensi Laten.	
77/C.1/P. 17/L.12	...people will call it an overnight success.	77/C.1/P. 26/L.4	...orang menyebutnya kesuksesan mendadak.	Communicative translation
78/C.1/P. 18/L.11	Roots entrench themselves and branches grow.	78/C.1/P. 27/L.15	Akar-akar mencengkeram makin dalam dan cabang-cabang terus tumbuh.	Semantic translation
79/C.1/P. 19/L.3	...for the weights I wanted to lift in the gym...	79/C.1/P. 28/L.21	...untuk bobot yang ingin saya hilangkan melalui olahraga...	Free translation
80/C.1/P. 19/L.30	In the words of three-time Super Bowl winner Bill Walsh, “The score takes care of itself.”	80/C.1/P. 29/L.27	Seperti ungkapan juara Super Bowl tiga kali Bill Walsh, “Nilai akan datang dengan sendirinya.”	Communicative translation
81/C.1/P. 20/L.5	Goal setting suffers from a serious case of survivorship bias.	81/C.1/P. 30/L.11	Yang berfokus pada penetapan sasaran cenderung mengalami kasus survivorship bias yang serius.	Communicative translation
82/C.1/P. 21/L.10	...goals create an “either-or” conflict...	82/C.1/P. 32/L.4	...sasaran menciptakan konflik “entah ini atau itu”...	Semantic translation
83/C.1/P. 22/L.20	They are both small and mighty.	83/C.1/P. 34/L.2	Atomic habit itu kecil sekaligus sangat besar.	Communicative translation
84/C.1/P. 22/L.28	...which is why understanding	84/C.1/P. 34/L.13	...itulah sebabnya kita	Communicative translation

	the details is essential.		wajib memahami seluk-beluknya.	
85/C.1/P.23/L.1	If you want better results, then forget about setting goals.	85/C.1/P.34/L.24	Jika menginginkan hasil yang lebih baik, jangan memusingkan sasaran dahulu.	Communicative translation

Appendix D. The Frequency and Percentage of Degree of Equivalence

Degree Of Equivalence	F (Frequency)	P (Percentage) (%)
Partly Equivalent with Increased Meaning (PE+)	28	33%
Partly Equivalent with Decreased Meaning (PE-)	26	31%
Fully Equivalent (FE)	17	20%
Non-Equivalent with Different Meaning (NE-DM)	14	16%
TOTAL	85	100%

Appendix E. The Degree of Equivalence Found in Data

No. Data	Source Text	No. Data	Target Text	Degree of Equivalence
1/C.0/P.1/L.4	As my classmate took a full swing...	1/C.0/P.1/L.4	Ketika seorang teman mengambil giliran memukul...	Partly Equivalent with Decreased Meaning
2/C.0/P.1/L.6	...the moment of impact .	2/C.0/P.1/L.8	...peristiwa benturan yang dahsyat itu .	Partly Equivalent with Increased Meaning
3/C.0/P.1/L.13	...and running over to help.	3/C.0/P.1/L.17	...dan memburu untuk memberikan bantuan.	Partly Equivalent with Increased Meaning
4/C.0/P.1/L.19	My teacher looped his arm around my shoulder	4/C.0/P.2/L.1	Guru saya merangkul dan mengajak saya memulai	Partly Equivalent with Decreased Meaning

	and we began the long walk to the nurse's office...		perjalanan panjang dengan berjalan ke klinik sekolah...	
5/C.0/P.1 /L.21	Random hands touched my sides...	5/C.0/P.2 /L.3	Entah berapa orang yang memapah saya...	Non-Equivalent with Different Meaning
6/C.0/P.1 /L.22	...every minute mattered.	6/C.0/P.2 /L.5	...setiap menit dalam situasi ini sangatlah penting.	Partly Equivalent with Increased Meaning
7/C.0/P.2 /L.7	...I was carried out of school and taken to the local hospital.	7/C.0/P.2 /L.21	...saya diangkut ke rumah sakit terdekat.	Partly Equivalent with Decreased Meaning
8/C.0/P.2 /L.15	...on a bumpy sidewalk...	8/C.0/P.2 /L.31	...di sepanjang jalan...	Partly Equivalent with Decreased Meaning
9/C.0/P.2 /L.16	...while another pumped each breath into me by hand.	9/C.0/P.2 -3/L.32	...sementara perawat lain tak henti memompakan oksigen.	Partly Equivalent with Increased Meaning
10/C.0/P.2 /L.23	He choked back tears as he explained...	10/C.0/P.3 /L.6	Dengan berkaca-kaca ia mengatakan...	Partly Equivalent with Decreased Meaning
11/C.0/P.2 /L.24	After passing my siblings off to family and friends, he drove to Cincinnati to meet my mother.	11/C.0/P.3 /L.9	Setelah menitipkan adik-adik saya kepada keluarga dan teman, ia berkendara ke Cincinnati untuk menemani ibu saya.	Non-Equivalent with Different Meaning
12/C.0/P.2 /L.35	My parents were no strangers to this hospital.	12/C.0/P.3 /L.20	Orangtua saya bukan pertama kali ke rumah sakit ini.	Partly Equivalent with Decreased Meaning
13/C.0/P.3 /L.12	...one moment they would collapse from	13/C.0/P.4 /L.5	...mereka sangat lelah, tapi	Partly Equivalent with Decreased Meaning

	fatigue, the next they would be wide awake with worry.		bolak balik terbangun dengan rasa cemas.	
14/C.0/P. 3/L.27	...but it was hard to tell how long this would take.	14/C.0/P. 4/L.22	...tapi entah berapa lama waktu yang diperlukan.	Fully Equivalent
15/C.0/P. 3/L.31	...and a bulging left eye.	15/C.0/P. 4/L.27	...dan mata kiri yang nyaris lepas.	Non-Equivalent with Different Meaning
16/C.0/P. 3/L.36	Between the seizures and my vision problems...	16/C.0/P. 5/L.2	Karena kadang masih kejang-kejang dan penglihatan masih bermasalah...	Partly Equivalent with Increased Meaning
17/C.0/P. 4/L.3	I was determined not to let my injury get me down...	17/C.0/P. 5/L.6	Saya bertekad tidak membiarkan kecelakaan itu meruntuhkan semangat saya...	Partly Equivalent with Increased Meaning
18/C.0/P. 4/L.8	My dad had played minor league baseball for the St. Louis Cardinals...	18/C.0/P. 5/L.10	Ayah saya pernah bermain untuk sebuah klub liga kecil bernama St. Louis Cardinals...	Partly Equivalent with Decreased Meaning
19/C.0/P. 4/L.18	...desperately searching for a song that would make me feel better.	19/C.0/P. 5/L.23	...mendengarkan lagu-lagu penghibur kegalauan saya.	Non-Equivalent with Different Meaning
20/C.0/P. 4/L.21	...I played eleven innings of high school varsity baseball, barely more than a single game.	20/C.0/P. 5/L.27	...saya memainkan sebelas <i>inning</i> dalam pertandingan bisbol tim utama, hampir tidak mencapai satu <i>game</i> pun.	Partly Equivalent with Decreased Meaning

21/C.0/P. 4/L.28	... surprising power...	21/C.0/P. 6/L.4	...kekuatan dahsyat ...	Partly Equivalent with Decreased Meaning
22/C.0/P. 4/L.32	...I was thrilled .	22/C.0/P. 6/L.9	...kegembiraan saya meluap- luap .	Partly Equivalent with Increased Meaning
23/C.0/P. 4/L.34	...so i focused on getting my life in order .	23/C.0/P. 6/L.13	...jadi saya berfokus pada upaya mengatur diri .	Partly Equivalent with Decreased Meaning
24/C.0/P. 4-5/L.34	While my peers stayed up late and played video games ...	24/C.0/P. 6/L.13	Sementara teman-teman begadang untuk mengobrol atau bermain video game ...	Partly Equivalent with Increased Meaning
25/C.0/P. 5/L.3	These improvements were minor ...	25/C.0/P. 6/L.18	Perbaikan- perbaikan ini remeh ...	Partly Equivalent with Decreased Meaning
26/C.0/P. 5/L.13	...my six-foot- four-inch frame bulked up from a featherweight 170 to a lean 200 pounds .	26/C.0/P. 7/L.1	...tubuh saya yang setinggi 190 cm bertambah kekar dengan bobot naik dari 85 kg menjadi 100 kg .	Partly Equivalent with Increased Meaning
27/C.0/P. 5/L.27	I hope you'll forgive me if this sounds boastful .	27/C.0/P. 7/L.17	Semoga Anda memaafkan saya karena cerita yang terkesan berlebihan ini.	Partly Equivalent with Increased Meaning
28/C.0/P. 5/L.33	This injury was one of mine ...	28/C.0/P. 7/L.25	Bagi saya, tantangan itu adalah cedera dalam olahraga ...	Non-Equivalent with Different Meaning
29/C.0/P. 6/L.14	...and I was finally ready to share some of them publicly .	29/C.0/P. 8/L.19	...dan saya akhirnya siap membagikan semua itu kepada publik .	Partly Equivalent with Decreased Meaning
30/C.0/P. 6/L.20	... which made it one of the fastest-	30/C.0/P. 8/L.26	...yang menjadikannya salah satu	Fully Equivalent

	growing newsletters on the internet.		<i>newsletter</i> dengan pertumbuhan paling cepat di internet.	
31/C.0/P. 6/L.21	I had felt like an impostor ...	31/C.0/P. 8/L.27	Saya merasa menjadi pembual ...	Non-Equivalent with Different Meaning
32/C.0/P. 6/L.31	I found myself delivering keynote speeches.	32/C.0/P. 9/L.10	Saya menjadi pembicara utama ...	Partly Equivalent with Decreased Meaning
33/C.0/P. 7/L.5	...over ten thousand leaders, managers, coaches, and teachers have graduated from the Habits Academy...	33/C.0/P. 9/L.24	...lebih dari sepuluh ribu pemimpin, manajer, pelatih, dan guru telah digembleng oleh Habits Academy...	Partly Equivalent with Increased Meaning
34/C.0/P. 7/L.17	...I had to live them.	34/C.0/P. 10/L.10	...saya terpaksa mempraktikka nnya.	Partly Equivalent with Increased Meaning
35/C.0/P. 7/L.29	The fields I draw on...	35/C.0/P. 10/L.28	Bidang-bidang yang saya manfaatkan ...	Fully Equivalent
36/C.0/P. 8/L.1	The backbone of this book is my four-step model of habits— cue , craving , response , and reward.	36/C.0/P. 11/L.8	Tulang punggung buku ini adalah model kebiasaan empat langkah saya— mendapatkan petunjuk (cue) , menumbuhkan gairah (craving) , menanggapi (response) , dan menikmati hasilnya (reward).	Partly Equivalent with Increased Meaning

37/C.0/P. 8/L.8	Behavioral scientists like Skinner realized that if you offered the right reward or punishment...	37/C.0/P. 11/L.18	Ilmuwan perilaku seperti Skinner sadar bahwa jika menawarkan ganjaran yang tepat...	Non-Equivalent with Different Meaning
38/C.0/P. 8/L.11	external stimuli	38/C.0/P. 11/L.22	rangsangan dari luar	Fully Equivalent
39/C.0/P. 8/L.19	...both the influence of external stimuli and internal emotions...	39/C.0/P. 11/L.32	...pengaruh rangsangan eksternal dan emosi internal...	Fully Equivalent
40/C.0/P. 8/L.22	...will offer a new way to think about your habits.	40/C.0/P. 12/L.3	...akan menawarkan cara baru untuk membentuk kebiasaan-kebiasaan Anda.	Non-Equivalent with Different Meaning
41/C.1/P. 10/L.2	The Surprising Power of Atomic Habits	41/C.1/P. 15/L.2	Dahsyatnya Kekuatan Atomic Habits	Partly Equivalent with Decreased Meaning
42/C.1/P. 10/L.7	...had endured nearly one hundred years of mediocrity.	42/C.1/P. 15/L.8	...telah mengalami hampir seratus tahun dalam prestasi yang sedang-sedang saja.	Partly Equivalent with Decreased Meaning
43/C.1/P. 10/L.9	...and they had fared even worse in cycling's biggest race...	43/C.1/P. 15/L.10	...dan prestasi mereka bahkan lebih buruk lagi di lomba balap sepeda paling akbar...	Fully Equivalent
44/C.1/P. 10/L.13	...they were afraid that it would hurt sales if other professionals	44/C.1/P. 15/L.16	...karena takut berpengaruh buruk pada penjualan sepedanya	Partly Equivalent with Increased Meaning

	saw the Brits using their gear.		seandainya pembalap-pembalap profesional lain melihat atlet-atlet Inggris memakai produk tersebut.	
45/C.1/P. 10/L.17	“the aggregation of marginal gains”	45/C.1/P. 16/L.1	“penghimpunan perolehan kecil”	Partly Equivalent with Decreased Meaning
46/C.1/P. 11/L.9	...to reduce the chances of catching a cold.	46/C.1/P. 16/L.27	...guna mengurangi peluang terkena virus influenza.	Partly Equivalent with Increased Meaning
47/C.1/P. 11/L.10	...that led to the best night’s sleep for each rider.	47/C.1/P. 16/L.28	...yang memungkinkan tidur lebih nyenyak bagi tiap pembalap.	Partly Equivalent with Increased Meaning
48/C.1/P. 11/L.17	Just five years after Brailsford took over...	48/C.1/P. 17/L.6	Hanya lima tahun sejak Brailsford direkrut...	Non-Equivalent with Different Meaning
49/C.1/P. 11/L.21	...the Brits raised the bar as they set nine Olympic records and seven world records.	49/C.1/P. 17/L.11	...atlet-atlet Inggris menaikkan batas minimal prestasi mereka dan membuahkan sembilan rekor Olimpiade serta tujuh rekor dunia.	Partly Equivalent with Increased Meaning
50/C.1/P. 12/L.6	earth-shattering improvement	50/C.1/P. 18/L.13	perubahan yang akan mengguncang bumi	Partly Equivalent with Decreased Meaning
51/C.1/P. 12/L.10	...especially in the long run.	51/C.1/P. 18/L.17	...terutama dalam jangka panjang.	Fully Equivalent

52/C.1/P. 12/L.10	The difference a tiny improvement can make over time is astounding.	52/C.1/P. 18/L.17	Perubahan dari suatu perbaikan sangat kecil tapi berlanjut dalam waktu lama bisa sangat dahsyat.	Partly Equivalent with Increased Meaning
53/C.1/P. 12/L.11	Here's how the math works out...	53/C.1/P. 18/L.19	Berikut penjelasan matematikanya ...	Partly Equivalent with Decreased Meaning
54/C.1/P. 13/L.1	The effects of small habits compound over time.	54/C.1/P. 19/L.3	Pengaruh kebiasaan kecil berakumulasi sejalan waktu.	Fully Equivalent
55/C.1/P. 13/L.4	Habits are the compound interest of self-improvement.	55/C.1/P. 19/L.7	Kebiasaan adalah bunga majemuk dalam perbaikan diri.	Fully Equivalent
56/C.1/P. 13/L.7	...and yet the impact they deliver over the months and years can be enormous.	56/C.1/P. 19/L.12	...tapi dampak yang terjadi setelah berbulan-bulan dan bertahun-tahun kemudian bisa dahsyat.	Partly Equivalent with Increased Meaning
57/C.1/P. 13/L.9	...the value of good habits and the cost of bad ones becomes strikingly apparent.	57/C.1/P. 19/L.14	...nilai kebiasaan yang baik dan kerugian akibat kebiasaan buruk menjadi luar biasa nyata.	Fully Equivalent
58/C.1/P. 13/L.11	This can be a difficult concept to appreciate in daily life.	58/C.1/P. 20/L.1	Dalam kehidupan sehari-hari konsep ini mungkin sulit dianggap baik.	Non-Equivalent with Different Meaning
59/C.1/P. 13/L.14	If you go to the gym three days in a row,	59/C.1/P. 20/L.4	Jika Anda pergi ke sasana kebugaran tiga	Partly Equivalent with Decreased Meaning

	you're still out of shape.		hari berturut-turut, bentuk tubuh Anda belum berubah.	
60/C.1/P. 13/L.18	Unfortunately, the slow pace of transformation also makes it easy to let a bad habit slide.	60/C.1/P. 20/L.11	Sayangnya, laju transformasi yang lambat juga memudahkan kita membiarkan kebiasaan buruk tetap terjadi.	Partly Equivalent with Decreased Meaning
61/C.1/P. 14/L.11	If a pilot leaving from LAX...	61/C.1/P. 20/L.30	Seandainya seorang pilot meninggalkan LAX (kode untuk bandara internasional Los Angeles)...	Partly Equivalent with Increased Meaning
62/C.1/P. 14/L.14	...the nose of the airplane moves just a few feet...	62/C.1/P. 21/L.3	...hidung pesawat bergeser tak sampai tiga meter...	Fully Equivalent
63/C.1/P. 14/L.30	financial freedom	63/C.1/P. 21/L.25	kemerdekaan finansial	Fully Equivalent
64/C.1/P. 14/L.32	Your outcomes are a lagging measure of your habits.	64/C.1/P. 22/L.1	Hasil-hasil Anda menunjukkan ukuran yang mengikuti kebiasaan-kebiasaan Anda.	Non-Equivalent with Different Meaning
65/C.1/P. 14/L.35	Your clutter is a lagging measure of your cleaning habits.	65/C.1/P. 22/L.6	Seberapa rapi rumah Anda menunjukkan tingkat kebiasaan Anda dalam hal beres-beres rumah.	Partly Equivalent with Decreased Meaning
66/C.1/P. 15/L.1	...all you have to do is follow the curve of	66/C.1/P. 22/L.10	...yang harus Anda lakukan hanyalah	Fully Equivalent

	tiny gains or tiny losses...		mengikuti kurva keberhasilan-keberhasilan kecil atau kegagalan-kegagalan kecil...	
67/C.1/P. 15/L.4	Are you making it into the gym each week?	67/C.1/P. 22/L.14	Apakah Anda memastikan pergi berolahraga tiap pekan?	Partly Equivalent with Decreased Meaning
68/C.1/P. 15/L.12	...which is why understanding the details is crucial.	68/C.1/P. 22/L.25	Itu sebabnya pemahaman atas hal-ikhwal kebiasaan sangatlah penting.	Partly Equivalent with Increased Meaning
69/C.1/P. 15/L.31	Stress compounds	69/C.1/P. 23/L.4	Bunga majemuk yang membuat stress	Non-Equivalent with Different Meaning
70/C.1/P. 15/L.32	The worry of making ends meet.	70/C.1/P. 23/L.8	Kecemasan apakah uang cukup sampai akhir bulan.	Partly Equivalent with Increased Meaning
71/C.1/P. 15/L.36	You get trapped in a thought loop.	71/C.1/P. 23/L.23	Anda terperangkap dalam lingkaran setan pikiran.	Partly Equivalent with Increased Meaning
72/C.1/P. 15/L.28	People reflect your behavior back to you.	72/C.1/P. 24/L.3	Orang cenderung membalas perilaku Anda kepada mereka.	Partly Equivalent with Decreased Meaning
73/C.1/P. 16/L.20	...as it builds extensive root systems underground before exploding ninety feet into the air...	73/C.1/P. 25/L.3	...karena sibuk membangun sistem akar yang kukuh di bawah tanah sebelum menjulang puluhan meter ke udara...	Partly Equivalent with Decreased Meaning

74/C.1/P. 16/L.24	In the early and middle stages of any quest , there is often a Valley of Disappointme nt .	74/C.1/P. 25/L.8	Pada babak awal dan babak tengah suatu proyek atau usaha , sering kali ada yang disebut Lembah Kekecewaan .	Partly Equivalent with Increased Meaning
75/C.1/P. 16/L.28	It doesn't feel like you are going anywhere.	75/C.1/P. 25/L.13	Rasanya seolah Anda jalan di tempat.	Fully Equivalent
76/C.1/P. 17/L.2	...habits need to persist long enough to break through this plateau— what I call the Plateau of Latent Potential .	76/C.1/P. 25/L.23	...kebiasaan perlu dipertahankan cukup lama untuk bisa membuat terobosan ke tataran yang saya sebut Dataran Potensi Laten .	Partly Equivalent with Increased Meaning
77/C.1/P. 17/L.12	...people will call it an overnight success .	77/C.1/P. 26/L.4	...orang menyebutnya kesuksesan mendadak .	Fully Equivalent
78/C.1/P. 18/L.11	Roots entrench themselves and branches grow.	78/C.1/P. 27/L.15	Akar-akar mencengkeram makin dalam dan cabang-cabang terus tumbuh.	Partly Equivalent with Increased Meaning
79/C.1/P. 19/L.3	...for the weights I wanted to lift in the gym...	79/C.1/P. 28/L.21	...untuk bobot yang ingin saya hilangkan melalui olahraga...	Non-Equivalent with Different Meaning
80/C.1/P. 19/L.30	In the words of three-time Super Bowl winner Bill Walsh, "The score takes care of itself."	80/C.1/P. 29/L.27	Seperti ungkapan juara Super Bowl tiga kali Bill Walsh, "Nilai akan datang dengan sendirinya."	Non-Equivalent with Different Meaning

81/C.1/P. 20/L.5	Goal setting suffers from a serious case of survivorship bias.	81/C.1/P. 30/L.11	Yang berfokus pada penetapan sasaran cenderung mengalami kasus survivorship bias yang serius.	Partly Equivalent with Increased Meaning
82/C.1/P. 21/L.10	...goals create an “either-or” conflict...	82/C.1/P. 32/L.4	...sasaran menciptakan konflik "entah ini atau itu" ...	Fully Equivalent
83/C.1/P. 22/L.20	They are both small and mighty.	83/C.1/P. 34/L.2	Atomic habit itu kecil sekaligus sangat besar.	Partly Equivalent with Increased Meaning
84/C.1/P. 22/L.28	...which is why understanding the details is essential.	84/C.1/P. 34/L.13	...itulah sebabnya kita wajib memahami seluk-beluknya.	Fully Equivalent
85/C.1/P. 23/L.1	If you want better results, then forget about setting goals.	85/C.1/P. 34/L.24	Jika menginginkan hasil yang lebih baik, jangan memusingkan sasaran dahulu.	Partly Equivalent with Decreased Meaning

Appendix E. Curriculum Vitae

Curriculum Vitae

I. Personal Details

Name : Almira Talitha Rahma
Place and Date of Birth : 22202056
Gender : Department of English Language Education
Address : Botolengket Street No. 20, Sukorame Village,
Mojoroto District, Kediri City, Indonesia
Marital Status : Single
Motto : “Let your dreams be bigger than your fear.”

II. Education Details

1. 2010–2016 : State Elementary School of Sukorame 4 Kediri
2. 2016–2019 : State Junior High School 8 Kediri
3. 2019–2022 : State Senior High School 2 Kediri

Sincerely,

Almira Talitha Rahma