

HABIT WORKBOOK

Printable

📌 Habits tracker, p...

27pages



PRINTABLE HABIT WORKBOOK BASED ON THE ATOMIC HABIT

Create new habit

My Ideal PERSONALITY: *Become a reader*

Make it OBVIOUS

After: <i>waking up</i>	TO: <i>read a book</i>
After: <i>reading book</i>	TO: <i>draw some coffee</i>
Location: <i>my room</i>	Time: <i>8:30 AM</i>

Make it ATTRACTIVE

Action I want to do: *drink some coffee*

Action I want to do: *read a book*

Help: *library near of my house*

Motivation: *draw some coffee*

Make it EASY

My new environment will be: *light and warm of my soul*

Start my habit on 2 habit with: *read and write*

Automate this habit with: *set reminder*

Make it SATISFYING

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Reward: *look in mirror*

Break a bad habit

My Ideal PERSONALITY: *Become a healthy person*

Make it UNDESIRABLE

Make it UNATTRACTIVE

After: <i>drinking a shower</i>	TO: <i>Drink my diet plan</i>
After: <i>drinking diet plan</i>	TO: <i>eat fruit</i>
How I will quit this habit:	
Reading books	getting fit
Look yourself	

Make it DIFFICULT

Make it harder for me to access this bad habit

<i>Drunk sugary food</i>	<i>Drinking the diet of Sugary Substances</i>
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Make it UNSATISFYING

TO: *avoid food*

TO: *track my behavior*

If *Sam* does not comply with the provisions of this form, she must comply with the punishment below:

Signature: *Sam*

Punishment: *an hour of reading*

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- break bad habits

based on
Atomic Habits
book

**CLICK
HERE**

Habit Building Planner Complete Workbook

Brendan G. Carr

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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web some of the main parts of a cell include 1 cell membrane outer boundary of the cell 2 cytoplasm the fluid within the cell 3 nucleus at the center of the cell and controls cell functions 4 organelles e g mitochondria organelles are

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web cheek epithelial cells cells that cover a surface whether outside the body or inside the body are called epithelial cells epithelial cells from inside your mouth are easily collected and examined under the microscope materials slide cover slip toothpick dropping pipette methylene blue stain metric ruler compound microscope procedure

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web nov 13 2015 human cheek epithelial cells the tissue that lines the inside of the mouth is known as the basal mucosa and is composed of squamous epithelial cells these structures commonly thought of as cheek cells divide approximately every 24 hours and are constantly shed from the body

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web the human cheek cell 1 list the 3 parts of the cell theory 2 describe or define each of the following cell membrane cytoplasm nucleus organelle 3 sketch the cell at low and high power label the nucleus cytoplasm and cell membrane draw your cells to scale 4 why is methylene blue necessary 5

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web cheek cells are epithelial cells that line the interior surface of our mouths the base layer of cells in an epithelial structure are not actually cells but a sticky layer on which the cells anchor the other surface of the epithelial cell touches the outside world like skin or an open space like the mouth

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web epithelial cells are typically characterized by the polarized distribution of organelles and membrane bound proteins between their basal and apical surfaces particular structures found in some epithelial cells are an adaptation to specific functions

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web gently scrape the inside of your cheek with a toothpick and swirl it in the dye on the slide place a cover slip on the suspension and view at 1000x total magnification draw 1 3 cells large enough to show the detail that you see in your lab manual label its cell membrane cytoplasm and nucleus

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web so yes cell membrane is all so present so cell membrane is present but a cell wall is absent if we talk about the self content so that would include the nucleus mitochondria so self content we can write that it is going to include the nucleus mitochondria and if we talk about the vacuole vacuole is absent in the cheek epithelial cells

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web to prepare a temporary mount of human cheek epithelial cells and to study its characteristics like plants the body of all animals including humans is composed of cells unlike plant cells animal cells do not have cell wall the outermost covering of an animal cell is a cell membrane the cytoplasm nucleus and other

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web estimate the size of an individual cell and the size of the nucleus size of cell 50 80 micrometers size of nucleus approximately 10 micrometers what shape are the cells the cells are irregular in shape can you see the cell membrane the cell membrane itself is too small to be seen with a compound microscope