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DIGITAL

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Create new habit

My ideal PERSONALITY: Become a reader	
Make it OBVIOUS	
After <i>waking up</i>	→ read in book
After <i>reading book</i>	→ check some offset
Goal: <i>my room</i> time: 20:30 hrs	
Make it ATTRACTIVE	
Actions I reward myself: <i>drink some coffee</i>	
Actions I reward my wife: <i>read in book</i>	
10 points: <i>Waking up at 07:00 hrs</i>	
Motivation Reward: <i>Smart phone notifications</i>	
Make it EASY	
My new habit agreement with me: <i>light out → read in book</i>	
Start my habit on 2 more weeks: <i>read one page</i>	
Automation: <i>my habit with self reminder</i>	
Make it SATISFYING	
habit 1: <i>everything about book</i>	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book in message</i>	

Break a bad habit

My ideal PERSONALITY: Become a healthy person	
Make it OBVIOUS	
After <i>Reading a chapter</i>	→ track my diet plan
After <i>Reading diet plan</i>	→ eat fruits
Goal: <i>Healthy body</i> time: <i>young</i>	
Actions I do: <i>Getting fit</i>	
Actions I reward myself: <i>new clothes</i>	
Make it ATTRACTIVE	
Actions I reward my wife for me to become a healthy person: <i>around staying fit</i>	
10 points: <i>Reading the diet of young</i>	
Motivation Reward: <i>new clothes</i>	
Make it EASY	
My new habit agreement with me: <i>no habits may be broken</i>	
Start my habit on 2 more weeks: <i>no habits may be broken</i>	
Automation: <i>my habit with self reminder</i>	
Make it SATISFYING	
habit 1: <i>no habits may be broken</i>	
habit 2: <i>no habits may be broken</i>	
habit 3: <i>no habits may be broken</i>	
habit 4: <i>no habits may be broken</i>	
habit 5: <i>no habits may be broken</i>	
Punishment: <i>no habit of eating</i>	

- **index**
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based on
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Habit Building Planner Complete Workbook

Billy Grady

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