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PRINTABLE HABIT WORKBOOK

Create new habit

My Ideal PERSONALITY: *become a reader*

Make it OBVIOUS

Action: <i>reading up</i>	1st: <i>read a book</i>
Action: <i>reading book</i>	1st: <i>think some coffee</i>
Location: <i>my room</i>	Time: <i>2:30 PM</i>

Make it ATTRACTIVE

Action I want to do: <i>think some coffee</i>
Action I want to do: <i>read a book</i>
1st goal: <i>library near of my house</i>
Motivation (Why?): <i>found the documents</i>

Make it EASY

Why have commitment will be: <i>light and not if my head</i>
Start my habit on 2 main steps: <i>read and judge</i>
Automate this habit with: <i>set reminder</i>

Make it SATISFYING

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 1: <i>everyday about 1 hour - done</i>	✓	✓	✓	✓	✓	✓	✓
week 2:	✓	✓					
week 3:							
week 4:							
week 5:							

Repeat: *last 4 in morning*

Break a Bad Habit

My Usual PERSONALITY: <u>Shy and nervous person</u>	
Habit is <u>Unhealthy</u>	
Habit is UNATTRACTIVE	
after <u>Eating a chocolate</u>	I <u>Don't</u> think my habit is <u>good</u>
after <u>Feeling bad after</u>	I <u>Don't</u> think my habit is <u>good</u>
This Personality will keep my habit	
Feeling <u>Lonely</u>	Feeling <u>Bad</u>
Love <u>Smoking</u>	
Habit is DIFFICULT	
Habit is Harder for me to access this bad habit	
I <u>Don't</u> enjoy <u>Feeling</u>	Feeling the cost of <u>Feeling Submissive</u>
Habit is UNSATISFYING	
I <u>Don't</u> enjoy <u>Feeling</u>	Feeling the cost of <u>Feeling Submissive</u>
If <u>Yes</u> then not comply with the provisions of this form, the must comply with the punishment below.	
Signature: _____	_____
Punishment: <u>an hour of my</u>	

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based on
Atomic Habits
book

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Habit Building Planner Complete Workbook

Billy Grady

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