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27pages

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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: my habit with: <i>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>Younger</i>	
Actions I do: <i>Getting fit</i>	
Actions I reward myself: <i>Smart phone notifications</i>	
Make it DIFFICULT	
Make it Reward the user for breaking this bad habit: <i>around staying fit</i> <i>Breaking the diet of staying healthy</i>	
Make it UNSATISFYING	
habit 1: <i>drinking</i>	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book in message</i>	

- **index**
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Table of Contents Habit Building Planner Complete Workbook

1. Understanding the eBook Habit Building Planner Complete Workbook
 - The Rise of Digital Reading Habit Building Planner Complete Workbook
 - Advantages of eBooks Over Traditional Books
2. Identifying Habit Building Planner Complete Workbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Habit Building Planner Complete Workbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Habit Building Planner Complete Workbook
 - Personalized Recommendations
 - Habit Building Planner Complete Workbook User Reviews and Ratings
 - Habit Building Planner Complete Workbook and Bestseller Lists
5. Accessing Habit Building Planner Complete Workbook Free and Paid eBooks
 - Habit Building Planner Complete Workbook Public Domain eBooks
 - Habit Building Planner Complete Workbook eBook Subscription Services
 - Habit Building Planner Complete Workbook Budget-Friendly Options

6. Navigating Habit Building Planner Complete Workbook eBook Formats

- ePUB, PDF, MOBI, and More
- Habit Building Planner Complete Workbook Compatibility with Devices
- Habit Building Planner Complete Workbook Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Habit Building Planner Complete Workbook
- Highlighting and Note-Taking Habit Building Planner Complete Workbook
- Interactive Elements Habit Building Planner Complete Workbook

8. Staying Engaged with Habit Building Planner Complete Workbook

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Habit Building Planner Complete Workbook

9. Balancing eBooks and Physical Books Habit Building Planner Complete Workbook

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Habit Building Planner Complete Workbook

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Habit Building Planner Complete Workbook

- Setting Reading Goals Habit Building Planner Complete Workbook
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Habit Building Planner Complete Workbook

- Fact-Checking eBook Content of Habit Building Planner Complete Workbook
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements

- Interactive and Gamified eBooks

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