

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>drink 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 Ritual: *favorite bookmark*

Make it EASY

My new environment will be: *light and near of my bed*

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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reward: *buy a message*

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>
Time: <i>before of getting this habit</i>	
Reading: <i>books</i>	<i>getting fit</i>
Look: <i>strong</i>	

Make it DIFFICULT

Make it harder for me to access this bad habit

avoid saying food *avoid the card of saying bad habit*

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* *Sam* *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

JS Bruner



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DIY In need of advice Just want to sound off Opening this volume is like grabbing lunch with a fellow designer to commiserate or celebrate and to learn the ins and outs of design Good habits are found in every part of the design process from promoting yourself well in order to land the client to working with that client to achieving the desired results on press 365 Habits of Successful Graphic Designers reveals solutions from a wide range of freelance designers whose years of experience have helped them find not only the most creative solutions for their clients design needs but also the most successful solutions With a rich compilation of material from previous publications by the authors this book also focuses on the daily habits that inspire these designers to

stay creative and business strategies to be successful when working on your own In its pages noteworthy designers both past and present working in fields ranging from graphic design fashion architecture typography and industrial design sound off on every topic ranging from deadlines inspiration competition rules respect education and handling criticism all with a certain amount of irreverence Their thoughts are boiled down into succinct quotable quotes and one liners that exemplify their character and demonstrate their philosophy on the world around them Enjoy reading thought bites from everyone from Art Chantry Margo Chase Ed Fella John C Jay Hideki Nakajima Stefan Sagmeister and Rudy VanderLans The insights of these top designers will help guide other designers in both approach and execution of designs that succeed for their clients div

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