

HABIT WORKBOOK

Printable



Habits tracker, p...

27pages

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DIGITAL

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>	→ read in Books
After <i>reading book</i>	→ check some offset
Goal: <i>my room</i> time: 20:30 hrs	
Make it ATTRACTIVE	
Actions I reward myself: drink some coffee	
Actions I reward my wife: read in books	
10 points: <i>Waking up</i> off my house	
Motivation Reward: <i>Smart</i> achievement	
Make it EASY	
My new habit agreement with me: <i>light</i> work → <i>light</i> work if my goal	
Start my habit on 2 more weeks: read one page	
Automation: my habit with: <i>Self</i> reminder	
Make it SATISFYING	
habit 1: <i>everything</i> about books done	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book</i> or message	

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>	
Make it ATTRACTIVE	
Actions I reward myself for: <i>success</i> offset reward	
around <i>gym</i> food	Breaking the diet offset: <i>Young</i> healthy
Make it EASY	
My new habit agreement with me: <i>light</i> work → <i>light</i> work if my goal	
Start my habit on 2 more weeks: <i>break</i> diet	
Automation: my habit with: <i>Self</i> reminder	
Make it SATISFYING	
habit 1: <i>break</i>	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book</i> or message	

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Karin Nielsen-Saines

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