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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 in book</i>
Action: <i>reading book</i>	1st: <i>check some coffee</i>
Location: <i>my room</i>	Time: <i>6:30 AM</i>

Make it ATTRACTIVE

Acquaint I want to do: <i>check some coffee</i>
Acquaint I want to do: <i>read in book</i>
1st goal: <i>library near of my house</i>
Motivation Effect: <i>found the documents</i>

Make it EASY

Why have commitment will be: <i>light and easy 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
habit 1: <i>everyday about 1 hour - 1 hour</i>	✓	✓	✓	✓	✓	✓	✓
habit 2:	✓	✓					
habit 3:							
habit 4:							
habit 5:							

Repeat: *last 4 in morning*

Break a Bad Habit

My Ideal PERSONALITY: <u>Become a healthy person</u>	
Habit is <u>smoking</u>	
Habit is <u>UNATTRACTIVE</u>	
when <u>Feeling a shower</u> after <u>Feeling bad after</u> This benefits of quitting this habit <u>Healthy body</u> <u>Look younger</u>	1) <u>Think my bad plan</u> 2) <u>not fruit</u> <u>Getting fit</u>
Habit is <u>DIFFICULT</u>	
Habit is <u>harder for me to access this bad habit</u>	
<u>Smoking every hour</u>	<u>Smoking the end of every 3-4 hours</u>
Habit is <u>UNSATISFYING</u>	
1) <u>smoke less</u> 2) <u>to track my behavior</u>	
If <u>Sam</u> does not comply with the provisions of this form, she must comply with the punishment below: Signature: _____ <u>Sam</u> _____ <u>Sam</u>	
Punishment: <u>as low as money</u>	

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based on
Atomic Habits
book

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Habit Building Planner Complete Workbook

Karin Nielsen-Saines

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