

ADULT HABIT BUILDER KIT

- Planner 26 Pages
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The image shows a screenshot of the Habitica mobile application. At the top, there is a navigation bar with a menu icon, the text "Create new habit", and a small illustration of a character. Below the navigation bar is a large, stylized "READ MORE" button with a speech bubble icon. To the right of the button is a "PERSONALITY" section with a "HONESTY" slider set to 100. Further down is a blue banner with the text "Bonus: 100+ Digital Stickers". The main content area features a "HABIT" section with fields for "Actions I want to do", "Actions I need to do", and "10 goals". Below this is a "SUITABLE FOR" section with a "New Habit" button and a "HABIT" section with a "HABIT" button. The bottom of the screen shows a "HABIT" section with a "HABIT" button and a "HABIT" section with a "HABIT" button. The background of the app has a yellow and white striped pattern.



A woman with dark hair, wearing a grey sweatshirt, is pointing her right index finger upwards. She is positioned in front of a worksheet titled 'Break a bad habit'. The worksheet features a large, colorful speech bubble graphic with the text 'Break it!' and a red arrow pointing right. Below the speech bubble is a small tag with the text 'Take a Shower'. The worksheet has several sections: 'HABIT', 'SUBSTITUTION', 'REASON', and 'PUNISHMENT'. There are also sections for 'Initial Habit' and 'New Habit' with two rows of empty boxes. At the bottom, there is a large circular graphic with the text 'Creating and Breaking HABIT ROADMAP' around the top edge and a central white circle containing the woman's face.

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Michael Rajnik

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