

Desintalar

27pages



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

Action I want to do: <i>check some coffee</i>
Action 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 day</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 to CHALLENGE: _____	
Habit is UNATTRACTIVE	
when <u>Feeling a craving</u> after <u>Feeling bad after</u> This benefits of quitting this habit: <u>Healthy body</u> <u>Look younger</u>	if I <u>Track my diet plan</u> <u>eat fruit</u> <u>Getting fit</u>
Habit is DIFFICULT	
Habit is harmful for me to achieve this bad habit:	
<u>Stomach aching head</u>	<u>breaking the out of saying 3-4 words</u>
Habit is UNSATISFYING	
if I weigh: <u>lose</u>	to track my behaviors:
If <u>Sara</u> does not comply with the provisions of this form, she must comply with the punishment below: Signature: _____ <u>Sara</u> _____ <u>Am</u>	
Punishment: <u>as low as money</u>	

- **index**
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based on
Atomic Habits
book

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HERE**

Habit Building Planner Complete Workbook

Michael Seilmaier

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

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web the baden baseball club was founded with the primary goal of pushing young men to jump start their mastery of life skills through a fulfilling experience with baseball from the day they are selected our players are immersed in a positive and fun environment that shapes discipline performance excellence teamwork and learning

2023 seattle elite league season seattle elite baseball - Apr 23 2022

web jul 31 2023 description the seattle elite league is the premier select baseball summer league in the pacific northwest with leagues for teams 11u 18u league play starts in march april for the 11u 14u leagues and may for the hs age leagues schedules will be posted in march for 11u 14u and early april for 15u 18u league all teams

leagues baden baseball - Aug 28 2022

web baden 18u premier participates in the seattle premier league other participants in the spl are washington a s boys of summer diamond sports merchants premier narrows baseball rock creek select seattle stars tc saints seattle premier league website seattle elite league

baden baseball - Sep 09 2023

web for the 2024 season baden will have the following teams teams will compete in the seattle elite or premier league and train at the el1 seattle facility 10u black sox 11u black sox 12u black sox 13u black sox 14u black sox 14u islanders 15u black sox

baden baseball travel baseball team seattle washington - Feb 19 2022

web the baden baseball is a youth travel baseball organization with select baseball teams based out of seattle washington they are located in the 98104 2515 zip code and historically they participate in travel tournaments that are local mostly with 1 2 travel tournaments per year

baden nw club championship tournament seattle elite baseball - May 25 2022

web don t miss out on an opportunity to compete in the finest event in the northwest and be crowned the top club for the 2024 season the hs divisions will be combined with the annual baden tournament and hosted by seattle elite baseball in the seattle tacoma area tournament all teams boys girls

baden baseball club blast athletics - Jul 27 2022

web baden black sox takes the game over outlaws in a blow out victory 10 2 in their king of kennewick tournament opening game baden black sox sailed to an easy victory over the outlaws 14u from sisters or on saturday

baden baseball seattle elite baseball - Jun 06 2023

web seattle elite league general league info 2023 league results league history tournaments 2024 tournaments art wright memorial lee johnson firecracker elite wood bat invitational seattle premier league invitational baden nw club championship josh dickerson gsl state 18u division tournament history art wright memorial day

baden baseball - Jan 01 2023

web baden baseball club is proud to play in the most competitive summer baseball leagues and tournaments we also provide some of the best baseball training offered in seattle and the northwest

premier sports tournaments tournaments leagueapps - Mar 03 2023

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baden preseason kickoff premier sports tournaments - Mar 23 2022

web 2023 03 26 00 00 00 0 the 3rd annual baden preseason kickoff tournament will be held on thursday march 23 sunday march 26th the 2023 event will feature 14u 13u divisions and will be a 4 game guarantee

baden preseason kickoff premier sports tournaments - May 05 2023

web mar 24 2022 baden preseason kickoff baseball tournament provider seattle elite baseball starts 2022 03 24 00 00 00 0 ends 2022 03 27 00 00 00 0 the 2nd annual baden preseason kickoff tournament will be held on thursday march 24 sunday march 27th the 2022 event will feature 14u 13u divisions and will be a 4 game

baden travel baseball team seattle washington - Nov 30 2022

web baden youth baseball team the baden is a youth travel baseball organization with select baseball teams based out of seattle washington they are located in the 98101 zip code and historically they participate in travel tournaments that are local mostly with 1 2 travel tournaments per year

seattle elite baseball baden preseason kickoff tournament - Aug 08 2023

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baden invitational seattle elite baseball pointstreak sites - Feb 02 2023

web tournaments 2015 invitationals 2015 lee johnson 2015 baden invitational pre teen invitational 2015 art wright 13u invitational 14u invitational 15u invitational 16u invitational pro player firecracker who s coming 2015 past winners

baden nw club championship tournament 2023 seattle elite baseball - Oct 10 2023

web don t miss out on an opportunity to compete in the finest event in the northwest and be crowned the top club for the 2023 season the hs divisions will be combined with the annual baden tournament and hosted by seattle elite

baden preseason kickoff schedule mar 24 27 2022 - Apr 04 2023

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tournament home seattle elite baseball - Jul 07 2023

web the high school divisions will be combined with the annual baden tournament and hosted by seattle elite baseball in the seattle tacoma area the youth 8u 14u divisions will be hosted by west coast premier gsl tournaments in the portland vancouver area

