

Desintabla

27pages



PRINTABLE HABIT WORKBOOK

Create new habit

My Ideal PERSONALITY: *become a reader*

Make it OBVIOUS

Action: <i>reading up</i>	1st: <i>read a 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 a 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 is <u>drinking</u>	
Habit is UNATTRACTIVE	
<u>after eating a dinner</u> <u>after finishing bed time</u> The benefits of quitting this habit: <u>healthy body</u> <u>look younger</u>	<u>1) Drink my diet plan</u> <u>2) eat fruit</u> <u>getting fit</u>
Habit is DIFFICULT	
Habit is harder for me to access this bad habit: <u>around singing band</u> <u>breaking the out of singing 3rd time</u>	
Habit is UNSATISFYING	
I'll assign <u>fine</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: <u>Signature</u> <u>Sara</u> <u>fine</u>	
Punishment is <u>loss of money</u>	

- **index**
- **create new habits**
- **break bad habits**

based on
Atomic Habits
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J. Thomas



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