

HABIT WORKBOOK

Printable



Habits tracker, p...

27pages

free
DIGITAL

PRINTABLE HABIT WORKBOOK BASED ON THE ATOMIC HABIT

Create new habit

My ideal PERSONALITY: Become a reader

Make it OBVIOUS:

After working out	→ read a book
After reading book	→ check book off
Location: my room	Time: 20:00 hrs

Make it ATTRACTIVE:

Action I reward for this	drink some coffee
Action I reward for this	read a book
10 points	drinking more of my juice
What I can't stand	read the documents

Make it EASY:

My new habit agreement with me	light my candle if my book
Start my habit on 2 days with	read one page
Automate my habit with	self reminder

Make it SATISFYING:

habit 1	everything about books done	Mon	Tue	Wed	Thu	Fri	Sat	Sun
habit 2		✓	✓	✓	✓	✓	✓	✓
habit 3		✓	✓	✓	✓	✓	✓	✓
habit 4		✓	✓	✓	✓	✓	✓	✓
habit 5		✓	✓	✓	✓	✓	✓	✓

Reward: book or message

Break a bad habit

My ideal PERSONALITY: Become a healthy person

Make it OBVIOUS:

After reading a chapter	→ track my diet plan
After reading diet plan	→ eat fruits

These benefits of breaking this habit:

Healthy body	Getting fit
Look younger	

Make it DIFFICULT:

Make it harder for me to break this bad habit	around trigger food	Breaking the diet of trigger foods
---	---------------------	------------------------------------

Make it UNSATISFYING:

10 points	lose weight	no habits may be broken
-----------	-------------	-------------------------

If I don't comply with the penalties of this form, she must comply with the punishment below:

Signature: John John

Punishment: a box of candy

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

**CLICK
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based on
Atomic Habits
book

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WJ Hussar

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