

## 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 is <u>Unpleasant</u>	
Habit is <u>Unattractive</u>	
<u>after looking at myself</u> <u>after looking at others</u> The benefits of quitting this habit:	1) <u>Track my diet plan</u> 2) <u>eat fruit</u>
<u>Reading books</u> <u>Look yourself</u>	<u>getting fit</u>
Habit is <u>Difficult</u>	
Habit is <u>Unpleasant</u> (use to achieve this goal habit)	
<u>Sound singing loud</u>	<u>Tracking the cost of singing software</u>
Habit is <u>Unsatisfying</u>	
1) <u>enjoy the</u>	to track my satisfaction
If <u>Yes</u> does not comply with the principles of this form, she must comply with the punishment below:	
Signature: <u>John</u>	
Punishment: <u>do less of singing</u>	

- **index**
- **create new habits**
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based on  
**Atomic Habits**  
book

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HERE**

# Habit Building Planner Complete Workbook

**WJ Hussar**



## **Habit Building Planner Complete Workbook:**

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*Team Habits* Charlie Gilkey, 2023-08-29 DISCOVER SMALL TEAM BASED CHANGES THAT HAVE COMPANY WIDE RESULTS The teams we work in amplify our individual efforts yet we constantly struggle to accomplish what is possible You can see all the problems in a typical weekly meeting No planning Missing goals Muddled communication We think just bringing our personal hopes and desires will be enough It's not The groups we work in need collective habits as much as individuals need better personal habits Determining team habits for things like planning decision making and prioritization produce reliability and ease for everyone Team habits create better work and let people work better together In *Team Habits* Charlie Gilkey explains how the revolution in personal habits has an even greater potential when applied to teams With practical exercises a Team Habits Quiz to evaluate areas for improvement and a guide to create a team habits roadmap Team Habits will help you transform your group so team members can flourish and thrive If changing the smallest habit can yield powerful results for an individual then just imagine what it can do for your team

**The Mindfulness and Acceptance Workbook for Depression** Kirk D. Strosahl, Patricia J. Robinson, 2011-01-26 There are hundreds of books that will try to help you overcome or put an end to depression But what if you could use your depression to change your life for the better Your symptoms may be signals that something in your life needs to change Learning to understand and interpret these signals is much more important than ignoring or avoiding them approaches that only make the situation worse This workbook uses techniques from acceptance and commitment therapy ACT to offer a new treatment plan for depression that will help you live a productive life by accepting your feelings instead of fruitlessly trying to avoid them The Mindfulness Acceptance Workbook for Depression will show you step by step how to stop this cycle feel more energized and involve yourself in pleasurable and fulfilling activities that will help you work through rather than avoid aspects of your life that are depressing you Use the techniques in this book to evaluate your own depression and create a personalized treatment plan You'll enrich your total life experience by focusing your energy not on fighting depression but on living the life you want

**The Primary Plan Book** Marian Minnie George, 1912

**The Indie Author Blueprint: Build, Publish, and Thrive** Billy Grady, Indie publishing isn't just a backup plan it's a revolution With the right strategy independent authors can build thriving careers reach global readers and keep full control of their creative vision The Indie Author Blueprint is your step by step guide to making it happen In this comprehensive roadmap bestselling author and publishing coach Billy Grady reveals how to Build your author brand and create a professional presence from day one Publish with confidence from formatting and cover design to distribution platforms Market your books effectively using smart tactics that actually sell Grow multiple

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