

ADULT HABIT BUILDER KIT

- Planner 26 Pages
- Habit roadmap 2 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. The main interface features a "PERSONALITY" section with a "HONESTY" slider set to 100. Below this is a blue banner with the text "Bonus: 100+ Digital Stickers". To the left of the banner is a yellow star icon. The central part of the screen contains a "Actions I want to do" list with items like "Actions I need to do" and "10 points". Below this is a "My habit progression will be" section with a "100% done" progress bar. On the right side, there is a "HABIT" section with a "HABIT" button and a "HABIT" icon. At the bottom, there is a "HABIT" section with a "HABIT" button and a "HABIT" icon. The bottom of the screen features a "HABIT" section with a "HABIT" button and a "HABIT" icon. The bottom right corner features a small illustration of a tree.



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, stylized 'Break it!' graphic with a red arrow pointing to the right. Below this, there are sections for 'HABIT' (with two empty boxes), 'REASON' (with two empty boxes), and 'ACTION' (with two empty boxes). To the right of the worksheet is a decorative tag with a red heart and the text 'Take a Shower'. A large blue circular graphic in the foreground contains the text 'Creating and Breaking HABIT ROADMAP' around its perimeter, with a white circle in the center containing the woman's portrait.

Habit Building Planner 2026 Guide

Sabine Zange

Habit Building Planner 2026 Guide:

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