

HABIT WORKBOOK

Printable

📌 Habits tracker, p...

27pages



PRINTABLE HABIT WORKBOOK BASED ON THE ATOMIC HABIT

Create new habit

My Ideal PERSONALITY: *Become a reader*

Make it OBVIOUS

After: <i>waking up</i>	IF: <i>read a book</i>
After: <i>reading book</i>	IF: <i>check some coffee</i>
Location: <i>my room</i>	Time: <i>8:30 AM</i>

Make it ATTRACTIVE

Action I want to do: *drink some coffee*

Action I want to do: *read a book*

IF: *when I'm near of my house*

Motivation: *because I love to read*

Make it EASY

My new environment will be: *light and warm of my room*

Start my habit on 2 habit with: *read and write*

Automate this habit with: *set reminder*

Make it SATISFYING

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reward: *buy a new book*

Break a bad habit

My Ideal PERSONALITY: *Become a healthy person*

Make it UNDESIRABLE

Make it UNATTRACTIVE

After: <i>drinking a shower</i>	IF: <i>think my bad plan</i>
After: <i>drinking bad plan</i>	IF: <i>eat fruit</i>
Time: <i>before of getting this habit</i>	
Reading: <i>books</i>	<i>getting fit</i>
Look: <i>strong</i>	

Make it DIFFICULT

Make it harder for me to access this bad habit

Don't say bad *keeping the card of saying bad*

Make it UNSATISFYING

IF: *when I'm* *to track my behavior*

IF: *when I'm* *to track my behavior*

IF: *when I'm* *to track my behavior*

Signature: *Sam* *Sam* *Sam*

Punishment: *an hour of reading*

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- break bad habits

based on
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Habit Building Planner Complete Workbook

**Jennifer A Pieren, Cynthia Gadbury-
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 - Chapter 2: Essential Elements of Habit Building Planner Complete Workbook
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 - Chapter 4: Habit Building Planner Complete Workbook in Specific Contexts
 - Chapter 5: Conclusion
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