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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>	→ read in book
After <i>reading book</i>	→ check some offset
Goal: <i>my room</i> time: 20:30 hrs	
Make it ATTRACTIVE	
Actions I reward myself: <i>drink some coffee</i>	
Actions I reward my wife: <i>read in book</i>	
10 points: <i>Waking up at 07:00 hrs</i>	
Motivation Reward: <i>Smart phone</i>	
Make it EASY	
My new habit agreement with me: <i>light out → read in book</i>	
Start my habit on 2 more weeks: <i>read one page</i>	
Automation: <i>my habit with self reminder</i>	
Make it SATISFYING	
habit 1: <i>everything about book</i>	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book or message</i>	

Break a bad habit

My ideal PERSONALITY: Become a healthy person	
Make it OBVIOUS	
After <i>Reading a chapter</i>	→ track my diet plan
After <i>Reading diet plan</i>	→ eat fruits
Goal: <i>Healthy body</i> time: <i>young</i>	
Actions I do: <i>Getting fit</i>	
Actions I reward myself: <i>Smart phone</i>	
Make it DIFFICULT	
Make it Reward the user for breaking the bad habit: <i>around staying fit</i> <i>Breaking the diet of staying healthy</i>	
Make it UNSATISFYING	
habit 1: <i>drinking</i>	Mon Tue Wed Thu Fri Sat Sun
habit 2:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book or message</i>	

- **index**
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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

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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

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Normal Instructor and Teachers World ,1928 **Book Review Digest** ,1916 **365 Habits of Successful Graphic Designers** Laurel Saville,Joshua Berger,Steve Gordon Jr.,Sarah Dougher,2011-11-01 DIVIn need of advice Just want to sound off Opening this volume is like grabbing lunch with a fellow designer to commiserate or celebrate and to learn the ins and outs of design Good habits are found in every part of the design process from promoting yourself well in order to land the client to working with that client to achieving the desired results on press 365 Habits of Successful Graphic Designers reveals solutions from a wide range of freelance designers whose years of experience have helped them find not only the most creative solutions for their clients design needs but also the most successful solutions With a rich compilation of material from previous publications by the authors this book also focuses on the daily habits that inspire these designers to

stay creative and business strategies to be successful when working on your own In its pages noteworthy designers both past and present working in fields ranging from graphic design fashion architecture typography and industrial design sound off on every topic ranging from deadlines inspiration competition rules respect education and handling criticism all with a certain amount of irreverence Their thoughts are boiled down into succinct quotable quotes and one liners that exemplify their character and demonstrate their philosophy on the world around them Enjoy reading thought bites from everyone from Art Chantry Margo Chase Ed Fella John C Jay Hideki Nakajima Stefan Sagmeister and Rudy VanderLans The insights of these top designers will help guide other designers in both approach and execution of designs that succeed for their clients div

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