

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 you: *library near of my house*

Motivation Effect: *beautiful bookmarks*

Make it EASY

My new environment will be: *light and near of my bed*

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 | <i>✓</i> | <i>✓</i> | <i>✓</i> | <i>✓</i> | <i>✓</i> | <i>✓</i> | <i>✓</i> |
| Week 2 | <i>✓</i> | <i>✓</i> | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |

Reward: *look in mirror*

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 diet plan</i> |
| After: <i>drinking diet 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 saying food *drinking the coffee saying substance*

Make it UNSATISFYING

IF you: *don't* *to track my behavior*

IF: *don't* *don't comply with the provisions of this form, who must comply with the punishment below*

Signature: *don't* *don't* *don't*

Punishment: *an hour of reading*

- index
- create new habits
- break bad habits

based on
Atomic Habits
book

**CLICK
HERE**

Habit Building Planner Complete Workbook

Padhraic Smyth

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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