

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>	TO: <i>read a book</i>
After: <i>reading book</i>	TO: <i>drink 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*

Help: *library near of my house*

Motivation: *find the best books*

Make it EASY

My new environment will be: *light and warm 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	<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 message*

Break a bad habit

My Ideal PERSONALITY: *Become a healthy person*

Make it UNDESIRABLE

Make it UNATTRACTIVE

After: <i>drinking a shower</i>	TO: <i>Drink my diet plan</i>
After: <i>drinking diet plan</i>	TO: <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

Drunk, saying food *drinking the cold of saying substance*

Make it UNSATISFYING

TO: *sign: No* *to track my behavior*

If *Yes* does not comply with the provisions of this form, who must comply with the punishment below:

Signature: *Yes* *No* *No*

Punishment: *an hour of reading*

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based on
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J. Thomas



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In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Habit Building Planner Complete Workbook**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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