

## Desintablar

**27pages**



## PRINTABLE HABIT WORKBOOK

## Create new habit

**My Ideal PERSONALITY:** *become a reader*

**Make it OBVIOUS**

Action: <i>reading up</i>	1st: <i>read in book</i>
Action: <i>reading book</i>	1st: <i>check some coffee</i>
Location: <i>my room</i>	Time: <i>6:30 AM</i>

**Make it ATTRACTIVE**

Acquaint I want to do: *check some coffee*

Acquaint I want to do: *read in book*

1st goal: *library near of my house*

Motivation Effect: *found the documents*

**Make it EASY**

Why have commitment will be: *light and not if my head*

Start my habit on 2 main steps: *read and judge*

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							

**Repeat:** *look in messages*

## Break a Bad Habit

My Ideal PERSONALITY: <u>Become a healthy person</u>	
Habit is <u>Unpleasant</u>	
Habit is <u>Unattractive</u>	
<u>after looking at myself</u> <u>after looking at others</u> The benefits of quitting this habit:	1) <u>Track my diet plan</u> 2) <u>eat fruit</u>
<u>Reading books</u> <u>Look yourself</u>	<u>getting fit</u>
Habit is <u>Difficult</u>	
Habit is <u>Unpleasant</u> (use to achieve this goal habit)	
<u>Sound singing loud</u>	<u>Tracking the cost of singing software</u>
Habit is <u>Unsatisfying</u>	
1) <u>enjoy the</u>	to track my satisfaction
If <u>Yes</u> does not comply with the principles of this form, she must comply with the punishment below:	
Signature: <u>John</u>	
Punishment: <u>do less of singing</u>	

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based on  
**Atomic Habits**  
book

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HERE**



# Habit Building Planner Complete Workbook

**Jessica J Manson**





## **Habit Building Planner Complete Workbook:**

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