

# HABIT WORKBOOK

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**DIGITAL**

## 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
Make it ATTRACTIVE	
Actions I reward myself: drink some coffee	
Actions I reward my wife: read in book	
Actions I reward my son: drink some coffee	
Actions I reward myself: drink some coffee	
Make it EASY	
My new habit agreement with me: light my candle if my book	
Start my habit on 2 more weeks: read one page	
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Make it SATISFYING	
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habit 3:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 4:	✓ ✓ ✓ ✓ ✓ ✓ ✓
habit 5:	✓ ✓ ✓ ✓ ✓ ✓ ✓
Reward: <i>book in 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
Make it ATTRACTIVE	
Reading books	Getting fit
Read <i>Younger</i>	
Make it EASY	
Make it Reward the user for success (checkmark)	
around <i>gym</i>	Breaking the diet of <i>Younger</i>
Make it SATISFYING	
habit 1: <i>breakfast</i>	no habits may be broken
habit 2: <i>coffee</i>	
habit 3: <i>coffee</i>	
habit 4: <i>coffee</i>	
habit 5: <i>coffee</i>	
Punishment: <i>no food of money</i>	

- **index**
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based on  
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# Habit Building Planner Complete Workbook

**William A. Radford**

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The book delves into Habit Building Planner Complete Workbook. Habit Building Planner Complete Workbook is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Habit Building Planner Complete Workbook, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Habit Building Planner Complete Workbook
  - Chapter 2: Essential Elements of Habit Building Planner Complete Workbook
  - Chapter 3: Habit Building Planner Complete Workbook in Everyday Life
  - Chapter 4: Habit Building Planner Complete Workbook in Specific Contexts
  - Chapter 5: Conclusion
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3. In chapter 2, this book will delve into the foundational concepts of Habit Building Planner Complete Workbook. This chapter will elucidate the essential principles that need to be understood to grasp Habit Building Planner Complete Workbook in its entirety.
4. In chapter 3, the author will examine the practical applications of Habit Building Planner Complete Workbook in daily life. This chapter will showcase real-world examples of how Habit Building Planner Complete Workbook can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Habit Building Planner Complete Workbook in specific contexts. This chapter will explore how Habit Building Planner Complete Workbook is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Habit Building Planner Complete Workbook. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Habit Building Planner Complete Workbook.

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