

HABIT WORKBOOK

Printable



Habits tracker, p...

27pages

free
DIGITAL

PRINTABLE HABIT WORKBOOK BASED ON THE ATOMIC HABIT

Create new habit

My ideal PERSONALITY: Become a reader

Make it OBVIOUS:

After washing up	→ read a book
After reading book	→ check book off list
Location: my room	Time: 20:00 hrs

Make it ATTRACTIVE:

Action I reward for this	drink some coffee
Action I reward for this	read a book
10 points	drinking more of my juice
What's your reward?	read the bookmarks

Make it EASY:

My new habit agreement with me	light my candle + 10 my juice
Start my habit on 2 days with	read one page
Automate my habit with	self reminder

Make it SATISFYING:

habit 1	everything about books done	Mon	Tue	Wed	Thu	Fri	Sat	Sun
habit 2		✓	✓	✓	✓	✓	✓	✓
habit 3		✓	✓	✓	✓	✓	✓	✓
habit 4		✓	✓	✓	✓	✓	✓	✓
habit 5		✓	✓	✓	✓	✓	✓	✓

Remember: *book is mission*

Break a bad habit

My ideal PERSONALITY: Become a healthy person

Make it OBVIOUS:

After reading a chapter	→ track my diet plan
After reading a chapter	→ eat fruits

This is the habit of breaking my habit:

existing habit	drinking it
new "young" habit	drinking it

Make it DIFFICULT:

Make it harder for me to break this bad habit	around trigger food	Breaking the diet of trigger situation
---	---------------------	--

Make it UNSATISFYING:

new trigger	no treats my bad habit
-------------	------------------------

If I don't comply with the penalties of this form, she must comply with the punishment below:

Signature: *John* *John*

Punishment: *no food of money*

- **index**
- **create new habits**
- **break bad habits**

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Habit Building Planner Complete Workbook

Kirk D. Strosahl, Patricia J. Robinson

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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

The

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