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## 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: <i>check some coffee</i>
Acquaint I want to do: <i>read in book</i>
1st goal: <i>library near of my house</i>
Motivation Effect: <i>found the documents</i>

**Make it EASY**

Why have commitment will be: <i>light and not if my head</i>
Start my habit on 2 main steps: <i>read and judge</i>
Automate this habit with: <i>set reminder</i>

**Make it SATISFYING**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
habit 1: <i>everyday about 1 hour - done</i>	✓	✓	✓	✓	✓	✓	✓
habit 2:	✓	✓					
habit 3:							
habit 4:							
habit 5:							

Repeat: *last 4 in morning*

## Break a Bad Habit

My Ideal PERSONALITY: <u>Become a healthy person</u>	
Habit is <u>smoking</u>	
Habit is UNATTRACTIVE	
<u>after eating a dinner</u> <u>after finishing bed time</u> The benefits of quitting this habit: <u>healthy body</u> <u>look younger</u>	<u>1) Think my diet plan</u> <u>2) eat fruit</u>  <u>getting fit</u>
Habit is DIFFICULT	
Habit is harder for me to access this bad habit: <u>around singing band</u> <u>breaking the out of singing 3rd time</u>	
Habit is UNSATISFYING	
I'll assign <u>fine</u>	to track my behaviors
If <u>Sam</u> does not comply with the provisions of this form, she must comply with the punishment below: <u>Signature</u> <u>Sam</u> <u>fine</u>	
Punishment is <u>loss of money</u>	

- **index**
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based on  
**Atomic Habits**  
book

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# Habit Building Planner Complete Workbook

**Kirk D. Strosahl, Patricia J. Robinson**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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DIVIn need of advice Just want to sound off Opening this volume is like grabbing lunch with a fellow designer to commiserate or celebrate and to learn the ins and outs of design Good habits are found in every part of the design process from promoting yourself well in order to land the client to working with that client to achieving the desired results on press 365 Habits of Successful Graphic Designers reveals solutions from a wide range of freelance designers whose years of experience have helped them find not only the most creative solutions for their clients design needs but also the most successful solutions With a rich compilation of material from previous publications by the authors this book also focuses on the daily habits that inspire these designers to

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