

# 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 working out	→ read a book
After reading book	→ check book off
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 if my book
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: [here](#) or [message](#)

### 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 this 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
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Make it UNSATISFYING:

new trigger	no treats my bookmarks
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- **create new habits**
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# Habit Building Planner Complete Workbook

**Wolfgang Guggemos**

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