

ADULT HABIT BUILDER KIT

- Planner 26 Pages
- Habit roadmap 2 pages
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The image shows a screenshot of the Habitica mobile application. At the top, there is a navigation bar with a menu icon, the text "Create new habit", and a small illustration of a character. Below the navigation bar is a large, stylized "READ MORE" button with a speech bubble icon. The main interface features a "PERSONALITY" section with a "HONESTY" slider set to 100. Below this is a "HABIT" section with a "HABIT" slider set to 100. A blue banner across the middle of the screen reads "Bonus: 100+ Digital Stickers". To the left of the banner is a yellow star icon. On the right, there is a "Actions I want to do" list with items like "Actions I need to do" and "10 points". Below this is a "HABITICA" section with a "HABITICA" slider set to 100. A large, stylized "New Habit" button with a rainbow effect is positioned on the left. The bottom of the screen shows a "HABIT" section with a "HABIT" slider set to 100, and a "HABITICA" section with a "HABITICA" slider set to 100. There are also several empty lined boxes for notes and a grid of small circular icons.



A woman with dark hair, wearing a grey t-shirt, is smiling and pointing her right index finger upwards. She is positioned in front of a worksheet titled 'Break a bad habit'. The worksheet has sections for 'HABIT', 'SUBSTITUTION', 'REINFORCEMENT', and 'PUNISHMENT'. A large, colorful speech bubble on the right says 'Break it!' with a red arrow. Below it is a small tag that says 'Take a Shower'. A large blue circular graphic in the foreground says 'Creating and Breaking HABIT ROADMAP'.

Habit Building 2026 Guide

DP Hallahan

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