

# 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 'Habitica' logo, a 'Logout' button, and a search bar containing the text 'Create new habit'. Below the navigation bar, there is a decorative illustration of an open book with the words 'READ MORE' in large, colorful letters. The main interface features a 'PERSONALITY' section with a 'HABIT' dropdown menu showing 'Habits' and 'Habits & To-dos'. A blue banner across the middle of the screen reads 'Bonus: 100+ Digital Stickers'. Below this, there is a 'Actions' section with a 'HABIT' dropdown menu showing 'Actions' and 'Actions & To-dos'. A yellow starburst icon is positioned to the left of the 'Actions' section. Further down, there is a 'Suitable for any note-taking APP' section with a 'HABIT' dropdown menu showing 'Habits', 'Habits & To-dos', and 'Habits & To-dos (with notes)'. A large, stylized 'New Habit' text is overlaid on the interface. On the right side, there is a 'HABIT' dropdown menu showing 'Habits', 'Habits & To-dos', and 'Habits & To-dos (with notes)'. Below the dropdowns, there are five empty lines for notes and a 'HABIT' dropdown menu showing 'Habits', 'Habits & To-dos', and 'Habits & To-dos (with notes)'. At the bottom, there is a 'HABIT' dropdown menu showing 'Habits', 'Habits & To-dos', and 'Habits & To-dos (with notes)'. The bottom right corner features a decorative illustration of a small tree.



A woman with dark hair, wearing a grey sweatshirt, is pointing her right index finger upwards. She is positioned in front of a worksheet titled 'Break a bad habit'. The worksheet features a large, colorful speech bubble graphic with the words 'Break it!' inside. To the right of the speech bubble is a small tag with the text 'Take a Shower'. A large circular graphic at the bottom of the page contains the text 'Creating and Breaking HABIT ROADMAP' around its perimeter, with a white circle in the center containing the woman's portrait.

# Habit Building 2026 Guide

**Yi-Tong Ma**

## Habit Building 2026 Guide:

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