

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 decorative icon. Below the navigation bar is a personality profile section with a blue and green open book icon. The profile includes fields for "PERSONALITY", "HABITS", "JOBS", and "GOALS". A large, bold "READ MORE" button is overlaid on the personality section. A blue banner across the middle of the screen reads "Bonus: 100+ Digital Stickers". Below this banner is a yellow starburst icon. Further down, a large, stylized "New Habit" text is displayed on a rainbow-colored cloud. To the right of this text is a "HABITS" section with a "HABIT" button and a 5x5 grid of habit icons. The main workspace is a light blue area with horizontal lines for notes. A "JOBS" section is visible on the right, showing a list of tasks: "Get chores done", "Clean house", "Cook dinner", "Wash laundry", and "Pay bills". A "GOALS" section is also present. The bottom of the screen features a navigation bar with icons for "HABITS", "JOBS", "GOALS", and "REWARDS".



A woman with dark hair, wearing a grey sweatshirt, 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', 'ACTIVE', 'ENDING BAD HABIT', and 'PLAN'. To the right of the worksheet is a decorative graphic with the text 'Break it!' and a small tag that says 'Take a Shower'. Below the woman is a circular graphic with the text 'Creating and Breaking HABIT ROADMAP'.

Habit Building 2026 Guide

Lei Huang

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