

ADULT HABIT BUILDER KIT

- Planner 26 Pages
- Habit roadmap 2 pages
- Instant download

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. To the right of the book, there is a 'PERSONALITY' section with a 'HABITS' button and a 'HABITS' icon. Below the book, there is a 'HABITS' section with a 'HABITS' button and a 'HABITS' icon. A blue banner across the middle of the screen says 'Bonus: 100+ Digital Stickers'. Below the banner, there is a 'GOALS' section with a 'GOALS' button and a 'GOALS' icon. A yellow starburst icon is positioned to the left of the 'GOALS' section. To the right of the 'GOALS' section, there is a 'HABITS' section with a 'HABITS' button and a 'HABITS' icon. A yellow starburst icon is positioned to the left of the 'HABITS' section. At the bottom of the screen, there is a 'HABITS' section with a 'HABITS' button and a 'HABITS' icon. A yellow starburst icon is positioned to the left of the 'HABITS' section. The background of the application features a light beige color with horizontal lines, and there are various decorative elements like a rainbow, a tree, and a small house.



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, stylized 'Break it!' graphic with a red arrow pointing right. It includes sections for 'HABIT', 'SUBSTITUTION', 'REINFORCEMENT', and 'PUNISHMENT'. A circular graphic at the bottom right contains the text 'Creating and Breaking HABIT ROADMAP' and 'Take a Shower'.

Habit Building 2026 Guide

Mark Jones,James Healey

Habit Building 2026 Guide:

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