

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. The main interface features a 'PERSONALITY' section with a 'HABIT' dropdown menu showing 'Habits' and 'Habits & To-dos'. A blue banner across the screen says '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. A large, stylized text 'New Habit' is displayed in a cloud-like shape with a rainbow outline. To the right of the text, there is a 'HABIT' dropdown menu showing 'Habits', 'Habits & To-dos', 'Actions', and 'Actions & To-dos'. A green starburst icon is positioned to the left of the 'Actions & To-dos' section. The bottom of the screen features a 'HABIT' dropdown menu with options 'Habits', 'Habits & To-dos', 'Actions', and 'Actions & To-dos'. On the right side, there is a grid of circular icons representing digital stickers. The background of the app has a light beige and yellow striped pattern.



A woman with dark hair, wearing a grey sweatshirt, is pointing upwards with her right index finger. 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' (with a box for 'Old Habit' and a box for 'New Habit'), 'REASON' (with a box for 'Old Habit Reason' and a box for 'New Habit Reason'), and 'PUNISHMENT' (with a box for 'Old Habit Punishment' and a box for 'New Habit Punishment'). A circular graphic at the bottom right contains the text 'Creating and Breaking HABIT ROADMAP' and 'Take a Shower' inside a shower head icon.

Habit Building 2026 Guide

Abigail Douglas

Habit Building 2026 Guide:

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