

ADULT HABIT BUILDER KIT

- Planner 26 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 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'. Below the text, there are five empty lines for notes. To the right of the notes, there is a grid of 25 small circles for tracking progress. At the bottom of the screen, there is a 'Rewards' section with a 'HABIT' dropdown menu showing 'Rewards' and 'Rewards & To-dos'.



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 text 'Break it!' and a red arrow pointing right. Below the speech bubble is a small tag with the text 'Take a Shower'. The worksheet has several sections: 'HABIT', 'SUBSTITUTION', 'REASON', and 'PUNISHMENT'. The 'PUNISHMENT' section contains the text 'Break fast completely until the punishment is over.' and 'Break fast completely until the punishment is over.' repeated below it. The background of the worksheet has a yellow and white striped pattern.

Habit Building 2026 Guide

Richard P. Pohanish, Stanley A. Greene

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