

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 "GROWTH". A large, bold "READ MORE" button is overlaid on the personality section. To the right of the personality section is a yellow sidebar with a "HABIT" button. Below the personality section is a blue banner with the text "Bonus: 100+ Digital Stickers". The main workspace is a light blue area with a yellow starburst icon. In the center of the workspace is a "New Habit" button with a rainbow effect. To the right of the workspace is a yellow sidebar with a "HABIT" button. The bottom of the screen features a navigation bar with icons for "HABITS", "JOBS", "GROWTH", and "REPORTS".



A woman with dark hair, wearing a grey hoodie, 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', 'REACTIVE', 'PROACTIVE', and 'GOALS'. It includes a 'Break it!' graphic with a heart and a 'Take a Shower' graphic. A large circular 'Creating and Breaking HABIT ROADMAP' graphic is overlaid at the bottom.

Habit Building 2026 Guide

Léo Pomar

Habit Building 2026 Guide:

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