

# ADULT HABIT BUILDER KIT

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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 illustration of a character. Below the navigation bar is a large, stylized "READ MORE" button with a speech bubble icon. The main interface features a "PERSONALITY" section with a "HONESTY" slider set to 100. Below this is a "HABIT" section with a "PRACTICE" slider set to 100. A blue banner across the middle of the screen reads "Bonus: 100+ Digital Stickers". To the left of the banner is a yellow star icon. On the right, there is a "Actions I want to do" list with items like "Actions I need to do" and "10 points". A yellow star icon is also present on the left side of this list. Below the list is a section titled "Suitable for any note-taking APP" with a yellow star icon. The bottom of the screen features a "New Habit" button with a rainbow and speech bubble icon, a "HABIT" section with a "PRACTICE" slider set to 100, and a "HABIT" section with a "PRACTICE" slider set to 100. To the right is a grid of habit icons. At the very bottom, there is a "Rewards" section.



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

**JL Elias**

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