

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 'Habitica' logo, a search bar, and a 'Create new habit' button. Below the navigation bar, there is a decorative banner for 'READ MORE' with a blue and green gradient. The main interface features a 'PERSONALITY' section with a 'Sneaky' icon and a 'HABITS' section with a 'HABIT' icon. A blue banner in the center says 'Bonus: 100+ Digital Stickers'. Below this, there are sections for 'Actions I want to do' and 'Actions I need to do', each with a text input field. A yellow starburst icon is on the left. A large, stylized 'New Habit' text is on the left, with a rainbow graphic. On the right, there is a 'HABIT' section with a 'HABIT' icon, a 'HABIT' section with a 'HABIT' icon, and a 'HABIT' section with a 'HABIT' icon. At the bottom, there is a 'HABIT' section with a 'HABIT' icon, a 'HABIT' section with a 'HABIT' icon, and a 'HABIT' section with a 'HABIT' icon. A green 'HABIT' section with a 'HABIT' icon is at the bottom right. A yellow starburst icon is on the right. A large, stylized 'New Habit' text is on the right, with a rainbow graphic.



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 graphic at the bottom right says 'Creating and Breaking HABIT ROADMAP'.

2026 Guide Habit Building Planner

Ying Liu

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Safety and Health at Work ,1989 **THE LIBRARY JOURNAL** MELVIL DEWEY AND R. R. BOWKER,1878

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