

ADULT HABIT BUILDER KIT

- Planner 26 Pages
 - Habit roadmap 2 pages
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A woman with long 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', 'SUBSTITUTION', 'PREDICTOR', and 'REINFORCEMENT'. To the right of the worksheet is a decorative speech bubble with the text 'Break it!' and a small heart. Below the speech bubble is a tag with a heart and the text 'Take a Shower'. At the bottom is a large circular graphic with the text 'Creating and Breaking HABIT ROADMAP' around the perimeter and a photo of the woman in the center.

Habit Building Planner 2026 Guide

R Sandford

Habit Building Planner 2026 Guide:

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