



# Habit Journal

## & Daily Personal Growth System



A Fully-Guided Habit-Building Program Containing Templates, Tracking, and Proven Daily & Weekly Frameworks To Make It Easy To Succeed

UNDATED | COVERS 3 MONTHS | UNISEX COLOR | HARDCOVER

Designed by a Certified Habit Coach

DONE! / WEEK 13

### SECONDARY HABITS

- ☒ Complete Zone Challenge
- ☐ Play Activity
- ☒ Practice Affirmation
- ☒ Nurture Key Relationships

...itation and do it tomorrow  
I recognized it was Resistance,  
I did it anyway bc the end I  
felt the benefits all morning!

KEEPING RESISTANCE? 1-2-3-4-5

...so I told myself he mustn't!  
This put me in a bad mood.

...ply yet. Sometimes I do the  
with people when I am busy.

...the way to improve tomorrow?

...have shower before morning  
so I feel more awake during it

...used by Chopping ingredients  
in smoothie the night before

...especially my friend Jane.  
...long hot shower I just had  
...coming holiday - I can't wait

...action back to work down

DONE! /

# Habit Building Planner Hardcover

**Ying Liu**



## **Habit Building Planner Hardcover:**

**Empower Your Best Habits** Scott Allan, 2022-09-18 Reshape Your Life and Change Your Behavior with the Power of Best Habits Your habits influence how you think behave act and decide different things in life They are crucial to the quality of your life This is why it is essential to know how to develop good habits in alignment with your desired lifestyle and goals because only by building the right habits can you live a joyful and prosperous life Empower Your Best Habits is a complete blueprint to understanding the significance of habits in your life and learning the hacks and strategies to build success wealth time management growth mindset spirituality happiness and growth habits In Empower Your Best Habits transformational mindset strategist and peak performance trainer Scott Allan delivers key strategies to help you optimize align and direct your actions to form the best habits necessary for developing a high performance mindset In Empower Your Best Habits you ll discover The science behind habit formation which will help you understand how habits work The framework for building good habits and breaking bad ones The art of developing a sticky habit The best wealth habits to help you achieve financial abundance and prosperity Spirituality habits so you develop a clear sense of direction in your life and achieve your purpose Powerful habits for good health to improve your physical mental and emotional health Empower Your Best Habits is a practical blueprint for understanding the significance of habits in your life Now you will learn the tactics and strategies for building success sustainable wealth and long term happiness while experiencing a new level of health wealth and spirituality With simple but effective tactics and strategies you can now transform your life work health and relationships by cultivating one small habit at a time

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