



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

John Cullen Gruesser, Hanna Wallinger



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