

# HABIT BUILDING & DISCIPLINE WORKBOOK

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## CHAPTER 1

### UNDERSTANDING HABITS

Introduction

What are habits? How do they form? Why are they important? This chapter explores the science of habits and how they can be used to improve your life.

Understanding the habit loop

Triggers: Identifying the cues that lead to habits

Routines: Building the desired habit

Rewards: Reinforcing your habit with a positive outcome

Conclusion

Key Takeaways

Practice Questions

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### CHAPTER 2: LAYING THE FOUNDATION

Introduction

Why is consistency important? How can you stay motivated? This chapter discusses the importance of consistency and provides strategies for staying motivated.

Setting realistic goals

Creating a routine

Overcoming procrastination

Conclusion

Key Takeaways

Practice Questions

Additional Resources

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# Complete Workbook Habit Building Planner

**Robert R. Redfield**



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