

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are automatic behaviors that we repeat regularly. They can be good or bad, and they can have a significant impact on our lives. Understanding habits is the first step in building good ones and breaking bad ones.

Why do we have habits? Habits are formed through a process called habit formation. This process involves repeating a behavior until it becomes automatic. The brain then creates a neural pathway that makes the behavior easier to perform in the future.

How do habits affect us? Habits can have a profound impact on our lives. Good habits, such as exercising, eating healthy, and reading, can lead to a longer, healthier, and more successful life. Bad habits, such as smoking, drinking alcohol, and procrastinating, can have negative consequences.

How can we change our habits? Changing habits is not always easy, but it is possible. The key is to understand the triggers that lead to the habit and to replace the habit with a more positive one. Consistency and repetition are also important factors in habit change.

Conclusion

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Habit Building Planner Complete Workbook

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