

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: Identify a habit you want to build and describe the trigger, routine, and reward.

Reflection: How do you feel about your habit? What challenges do you anticipate?

Next Steps: Set a goal for the next chapter.

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Team Habits Charlie Gilkey, 2023-08-29 DISCOVER SMALL TEAM BASED CHANGES THAT HAVE COMPANY WIDE RESULTS The teams we work in amplify our individual efforts yet we constantly struggle to accomplish what is possible You can see all the problems in a typical weekly meeting No planning Missing goals Muddled communication We think just bringing our personal hopes and desires will be enough It's not The groups we work in need collective habits as much as individuals need better personal habits Determining team habits for things like planning decision making and prioritization produce reliability and ease for everyone Team habits create better work and let people work better together In Team Habits Charlie Gilkey explains how the revolution in personal habits has an even greater potential when applied to teams With practical exercises a Team Habits Quiz to evaluate areas for improvement and a guide to create a team habits roadmap Team Habits will help you transform your group so team members can flourish and thrive If changing the smallest habit can yield powerful results for an individual then just imagine what it can do for your team

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web used for final exam but can also be used for other assignments discuss the importance of creating personal financial plan what is the objective of creating