

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that we repeat regularly, often without thinking about them. They can be good or bad, and they can have a significant impact on our lives. Understanding habits is the first step to changing them.

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

How do habits affect us? Habits can be both positive and negative. Good habits, such as exercising regularly or eating healthy, can improve our health and well-being. Bad habits, such as smoking or procrastinating, can harm us. Understanding our habits is the first step to changing them.

How can we change our habits? There are several ways to change our habits. One way is to identify the triggers that lead to our habits. Another way is to replace bad habits with good ones. Finally, consistency is key. It takes time and effort to change a habit, so it's important to stay committed.

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Habit Building Planner Practice Workbook

Zhe Xu



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Oakland Public Schools; Superintendent's Bulletin Oakland (Calif.). Board of Education,1929

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