

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that you repeat regularly, often without thinking about them. They can be good or bad, and they can have a significant impact on your life. 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 over and over again, which creates a neural pathway in your brain. The more you repeat an action, the stronger the neural pathway becomes, and the more automatic the action becomes.

How do habits affect us? Habits can have a profound impact on our lives. Good habits can help us achieve our goals, improve our health, and increase our productivity. Bad habits, on the other hand, can hinder our progress, harm our health, and waste our time.

How can we change our habits? The key to changing your habits is to understand the underlying reasons why you have them. Once you know why you have a habit, you can work on replacing it with a better one. This process is often easier than it seems, and it can lead to significant improvements in your life.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGE PDF READY TO PRINT

# Habit Building Planner Practice Workbook

**Thirumalaisamy P.  
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