

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Why do we have them? How do they form? How can we change them? 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: The actions that form the habit

Rewards: How they reinforce your habits and why they matter

Why do we have habits?

How do habits form?

How do habits change?

How do habits affect our lives?

How do habits affect our health?

How do habits affect our productivity?

How do habits affect our relationships?

How do habits affect our happiness?

How do habits affect our success?

How do habits affect our overall well-being?

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# Practice Workbook Habit Building Planner

**Emilie Sanchez**



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*The 4 Habits of Joy-Filled Marriages* Marcus Warner,Chris M. Coursey,2019-04-02 What separates happy marriages from miserable ones Surprisingly it s not healthy communication It s not conflict resolution skills It s actually the size of the marriage s joy gap Joy Gap joi gap n 1 The length of time between moments of shared joy When the joy gap gets bigger problems are more likely to overwhelm you resentment creeps in and you start to feel distant and alone in your marriage When the joy gap is smaller you regularly feel connected and happy problems feel manageable and your marriage becomes a reliable source of joy But how do you ensure that you re experiencing joy regularly Marcus Warner and Chris Coursey have studied relationships and neuroscience and discovered four habits that keep joy regular and problems small Some couples do them naturally but anyone can learn That s why each chapter includes 15 minute exercises that boost joy and re train your brain to make joy your default setting You ll learn new skills including how to return to joy more quickly after disconnection create stronger bonds and elongate times of happiness boost your enjoyment of physical and emotional intimacy Find out what your marriage looks like after a little work and a whole lot of joy

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