

# 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 be formed through repetition and reinforcement. Understanding habits is the first step in building a better life.

Why do we have habits? Habits are formed because they save mental energy. Our brains like to do things that require less thought and effort. This is why we often find ourselves repeating the same actions without realizing it.

How do habits form? Habits are formed through a process called the habit loop. It consists of three parts: a cue, a routine, and a reward. The cue triggers the behavior, the routine is the behavior itself, and the reward is the positive feeling that comes from completing the behavior.

Why are habits important? Habits are the building blocks of a successful life. They determine how we spend our time, how we feel, and how we achieve our goals. By understanding and controlling our habits, we can create a life that is more productive, healthy, and fulfilling.

How can I change my habits? Changing habits is not easy, but it is possible. The key is to understand the habit loop and to replace the old habit with a new one. This involves identifying the cue, the routine, and the reward, and then finding a new routine that provides the same reward.

Conclusion

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# Habit Building Planner Practice Workbook

**Albert A Gayle**



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

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