

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 habit

Conclusion

Key Takeaways

How to identify your own habits

How to break bad habits

How to build good habits

Conclusion

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Complete Workbook Habit Building Planner

Roman Wölfel



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