

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? How do they form? Why are they important? 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: Building the desired habit

Rewards: Reinforcing your habit with a positive outcome

Conclusion

Key Takeaways

Understanding the habit loop is essential for building good habits and breaking bad ones.

Triggers, routines, and rewards are the three components of a habit.

Consistency is key to building a habit.

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# Habit Building Planner Complete Workbook

**M Walker**



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This workbook takes the reader from understanding habits to living them James Clear s system helps good habits emerge naturally while unwanted habits fade away What s included Guided templates for easy habit tracking and habit stacking Journaling prompts to help you assess your physical and social environments identify forces at play and strategize for greatest habit success Strategies for overcoming the habit plateau and sticking with your habits even when the going gets rough Plans for adapting your habits to fit your ever changing life New ideas from Clear on the role of fun in habit formation Packed with tips tricks and activities The Atomic Habits Workbook is your step by step guide to making small changes that will transform your habits and deliver remarkable results

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