

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that we repeat regularly, often without thinking about them. They can be good or bad, and they can have a significant impact on our lives. 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 our brain. The more we repeat an action, the stronger the neural pathway becomes, and the more automatic the action becomes.

How can we change our habits? There are several ways to change our habits. One way is to be aware of our current habits and the triggers that lead to them. Another way is to replace bad habits with good ones. Finally, consistency is key. It takes time and effort to change a habit, so it's important to stick with it.

Conclusion

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# Complete Workbook Habit Building Planner

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