

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 have a significant impact on our lives. Understanding habits is the first step in building good ones and breaking bad ones.

Why do we have habits? Habits are formed through a process called habit formation. This process involves repeating a behavior until it becomes automatic. The brain then creates a neural pathway that makes the behavior easier to perform.

How do habits affect us? Habits can have a profound impact on our lives. Good habits can lead to success, health, and happiness. Bad habits can lead to failure, stress, and unhappiness. Understanding habits is the first step in building good ones and breaking bad ones.

Types of Habits

- Good Habits: Habits that are beneficial to our health, happiness, and success. Examples include exercising, reading, and saving money.
- Bad Habits: Habits that are harmful to our health, happiness, and success. Examples include smoking, drinking alcohol, and procrastinating.

How to Build Good Habits

- Start Small: Begin with a small, manageable habit. This will make it easier to stick to.
- Be Consistent: Repeat the habit regularly. Consistency is key to habit formation.
- Track Your Progress: Keep a record of how often you perform the habit. This will help you stay motivated.
- Use Rewards: Give yourself a reward when you successfully complete the habit. This will reinforce the behavior.
- Be Patient: It takes time to build a habit. Don't get discouraged if you don't see results immediately.

How to Break Bad Habits

- Identify the Trigger: Determine what triggers the bad habit. This will help you avoid the trigger.
- Replace the Habit: Find a good habit that you can use to replace the bad habit.
- Use Self-Talk: Tell yourself that you are capable of breaking the habit. This will help you stay motivated.
- Seek Support: Talk to a friend or family member about your goal. They can provide encouragement and support.
- Be Patient: It takes time to break a habit. Don't get discouraged if you slip up.

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G Thomas



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Better Work Habits Rachel Salisbury, 1966

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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

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The Habit Change Workbook James Claiborn,Cherry Pedrick,2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts

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

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