

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.

Chapter Objectives

- Define what a habit is and how it is formed.
- Identify the different types of habits and their effects.
- Understand the role of the brain in habit formation.
- Learn how to identify and break bad habits.
- Discover the benefits of building good habits.

Chapter 1: Understanding Habits

- What are habits? Why do we have them?
- How do habits form? The science of habit formation.
- The role of the brain in habit formation.
- Identifying and breaking bad habits.
- The benefits of building good habits.

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