

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 until it becomes automatic. The brain then creates a neural pathway that makes the action easier to perform.

How can we change our habits? To change a habit, we need to be aware of it. We also need to identify the triggers that lead to the habit and replace them with new, positive actions. Consistency and repetition are key to forming new habits.

Conclusion

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Judd E. Hollander



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