

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 habit formation and how it can be used to create positive changes in 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 habits is the first step to building a better life.

Identifying triggers and rewards is essential for habit formation.

Consistency is key to building a habit.

Conclusion

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