

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

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

How can I change my habits? Changing your habits is possible, but it takes time and effort. The first step is to identify the habits you want to change. Then, you need to understand why you have those habits and what triggers them. Once you have this information, you can start to replace your old habits with new ones.

Conclusion

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Complete Workbook Habit Building Planner

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