

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are automatic behaviors that we perform regularly. They can be good or bad, and they can be formed through repetition and reinforcement. Understanding habits is the first step in building a better life.

Why do we have habits? Habits are formed because they save mental energy. Our brains like to do things that require less thought and effort. This is why we often find ourselves doing things automatically, even when we don't want to.

How do habits form? Habits are formed through a process called the habit loop. It consists of three parts: a cue, a routine, and a reward. The cue triggers the behavior, the routine is the behavior itself, and the reward is the positive outcome that reinforces the behavior.

Why is it important to understand habits? Understanding habits allows us to identify the cues and rewards that trigger our behaviors. This knowledge can be used to break bad habits and build good ones. It can help us to become more self-aware and to take control of our lives.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGES PDF READY TO PRINT

Complete Workbook Habit Building Planner

Huangqi Zhang



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