

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.

Why do we have habits?

Habits are automatic behaviors that we perform without thinking about them. They are formed through repetition and can be either good or bad.

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 feeling that comes from the behavior.

Why are habits important?

Habits are important because they can make or break your success. Good habits can help you achieve your goals, while bad habits can hold you back.

How can we change our habits?

There are several ways to change your habits. You can start by identifying your current habits and then replacing them with new ones. You can also use techniques like the 21-day rule to help you break bad habits and form good ones.

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