

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

What Are Habits?

Habits are small decisions and actions we repeat regularly. The repetition reinforces that shape who we are and what choices flow from knowing your habits to checking your phone the moment of your daily life, often without you even thought.

The core of every habit is a simple loop:

- Cue/Trigger:** Something that reminds your brain to act the behavior.
- Routine/Behavior:** The behavioral itself.
- Reward/Result:** The benefit your brain gets, which keeps the habit alive.

Types

- Can be **good** or **bad**.
- **Good:** = focused on social media.
- **Bad:** = temporary distraction and relief.

Good Habits vs. Bad Habits

- **Good habits** help you grow, improve, and achieve your goals, including exercising, saving money.
- **Bad habits** drain your energy, waste your time, and hold you back (e.g., procrastination, unhealthy eating, negative self-talk).

Think you choose to build or break directly shape the quality of your life.

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