

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 the action, the stronger the pathway becomes, and the more automatic the action becomes.

How can I change my habits? Changing habits is not easy, but it is possible. The key is to understand the triggers that lead to your habits and to replace them with new, positive habits. This process is often referred to as the 'habit loop' and involves three steps: cue, routine, and reward.

Conclusion

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