

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

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

How do habits affect us? Habits can affect us in many ways. Good habits can help us to achieve our goals, improve our health, and increase our productivity. Bad habits can hinder our progress, harm our health, and decrease our productivity.

How can we change our habits? There are several ways to change our habits. One way is to identify the triggers that lead to our bad habits and avoid them. Another way is to replace our bad habits with good ones. Finally, we can use techniques such as visualization and self-talk to help us to change our habits.

Conclusion

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Habit Building Planner Practice Workbook

Michael Seilmaier



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Better Work Habits Rachel Salisbury, 1966

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The Habit Change Workbook James Claiborn,Cherry Pedrick,2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts

Oakland Public Schools; Superintendent's Bulletin Oakland (Calif.). Board of Education,1929

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