

# 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 until it becomes automatic. The brain then creates a neural pathway that makes the action easier to perform.

How do habits affect us? Habits can have both positive and negative effects on our lives. Good habits, such as exercising, eating healthy, and reading, can improve our health and well-being. Bad habits, such as smoking, drinking alcohol, and procrastinating, can harm our health and prevent us from achieving our goals.

How can we change our habits? There are several ways to change our habits. One way is to use the habit loop model, which involves identifying the cue, the routine, and the reward. Another way is to use the 21-day rule, which states that it takes 21 days to form a new habit.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGES PDF READY TO PRINT

# Practice Workbook Habit Building Planner

**Linda Anne Silvestri, Angela Silvestri**

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