

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 reinforcement.

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.

How can we change habits?

There are several ways to change habits. One way is to identify the cue and the reward, and then replace the routine with a new one. Another way is to use habit stacking, which involves adding a new habit to an existing one.

Conclusion

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Habit Building Planner Complete Workbook

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