

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 provides practical tips for identifying and breaking bad habits while building good ones.

Key Concepts

- Automatic vs. Deliberate Habits
- Triggers: Identifying the cues that lead to habits
- Routines: The sequence of actions that form a habit
- Reinforcement: How rewards and consequences shape behavior
- Neuroscience: How habits are formed in the brain

Chapter 1: Good Habits

- Introduction: Why Good Habits Matter
- How to identify and track your good habits
- Building a habit: The 21-day rule and beyond
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Chapter 2: Bad Habits

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- How to identify and track your bad habits
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Tobias Bleicker



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