

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? How do they form? Why are they important? This chapter explores the science of habits and how they can be used to create positive change in your life.

Understanding the habit loop

Triggers: Identifying the cues that lead to habits

Routines: The actions you perform

Rewards: How they reinforce your behavior

How to identify your own habits

Why habits matter

How to break bad habits

How to build good habits

Conclusion

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Habit Building Planner Complete Workbook

Marian Minnie George



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 - Chapter 3: Habit Building Planner Complete Workbook in Everyday Life
 - Chapter 4: Habit Building Planner Complete Workbook in Specific Contexts
 - Chapter 5: Conclusion
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