

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are automatic behaviors that we repeat over and over again. They can be good or bad, and they can be formed through repetition and reinforcement.

Why do we have habits? Habits are formed because they help us to save mental energy. Once we have learned a habit, we don't have to think about it every time we do it.

How do habits form? Habits are formed through a process called the habit loop. The habit loop consists of three parts: a cue, a routine, and a reward.

Cue: This is the trigger that starts the habit. It can be a sight, a sound, a feeling, or a thought.

Routine: This is the behavior that we repeat. It can be anything from brushing our teeth to eating a cookie.

Reward: This is the benefit that we get from the habit. It can be a feeling of satisfaction, a sense of accomplishment, or a physical reward.

Why are habits important? Habits are important because they make up a large part of our lives. They can help us to achieve our goals and live a more successful life.

How can we change our habits? We can change our habits by following the habit loop. We can identify our cues, our routines, and our rewards, and then we can make changes to each of them.

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