

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.

Chapter Objectives

- Define what a habit is and how it is formed.
- Identify the different types of habits and their benefits.
- Understand the science of habits and how they are formed.
- Learn how to identify and break bad habits.
- Learn how to build good habits and make them stick.

Chapter 1: Understanding Habits

- What are habits? Why do we have them? How do they form? How can we change them?
- The science of habits: How are habits formed? What is the role of the brain in habit formation?
- Types of habits: Good habits, bad habits, and neutral habits.
- How to identify and break bad habits.
- How to build good habits and make them stick.

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