

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

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

Key Concepts

- The Habit Loop
- Automatic vs. Deliberate Habits
- How Habits are Formed
- Why Habits are So Powerful
- How to Break Bad Habits
- How to Build Good Habits

Chapter Objectives

- Understand the science of habits and how they are formed.
- Identify the key components of a habit loop.
- Learn how to break bad habits and build good habits.
- Understand the importance of consistency and discipline in habit building.

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