

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that you repeat regularly, often without thinking about it. They can be good or bad, and they can shape your life in significant ways. Understanding habits is the first step to changing them.

Why do we have habits? Habits are formed through a process called habit formation, which involves the brain's neural pathways. When you repeat an action frequently, your brain creates a neural pathway that makes it easier to do that action again.

How do habits affect us? Habits can have a profound impact on our lives. Good habits, such as exercising, eating healthy, and reading, can improve our health, productivity, and overall well-being. Bad habits, such as procrastinating, smoking, and drinking too much, can harm our health and hinder our progress.

How can we change our habits? Changing habits is not always easy, but it is possible. The key is to understand the triggers that lead to the habit and to replace them with new, positive actions. Consistency and patience are essential for successful habit change.

Conclusion

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# Habit Building Planner Practice Workbook

**Lei Shi**



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