

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 them. 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 can I change my habits? To change a habit, you need to understand the triggers that lead to the habit, the routine itself, and the rewards you get from it. This is often referred to as the habit loop. By identifying these elements, you can work on replacing the old habit with a new one.

Conclusion

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H Kauffman



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