

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? How do they form? Why are they important? This chapter explores the science of habits and how they can be used to improve your life.

Understanding the habit loop

Triggers: Identifying the cues that lead to habits

Routines: Building the desired habit

Rewards: Reinforcing your habit with a positive outcome

Conclusion

Key Takeaways

Practice Questions

Additional Resources

CHAPTER 2

LAYING THE FOUNDATION

Introduction

Why is a strong foundation important for habit building? This chapter discusses the importance of setting clear goals and creating a supportive environment.

Setting clear goals

Creating a supportive environment

Conclusion

Key Takeaways

Practice Questions

Additional Resources

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R Sandford



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