

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 have a significant impact on your life. Understanding habits is the first step to changing them.

Why do we have habits? Habits are formed through a process called habit formation. This process involves the brain's basal ganglia, which is responsible for learning and memory. 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? Changing habits is a process that takes time and effort. It involves identifying the triggers that lead to your habits, understanding the rewards that keep you hooked, and replacing those habits with new, positive ones. Consistency and repetition are key to successful habit change.

Conclusion

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