

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Why do we have them? How do they form? How can we change them? This chapter explores the science of habits and provides practical tips for identifying and breaking bad habits while building good ones.

Key Concepts

- Automatic vs. Deliberate Habits
- Triggers: Identifying the cues that lead to habits
- Routines: The sequence of actions that form a habit
- Reinforcement: How rewards and consequences shape behavior

Key Takeaways

- Understanding the science of habits helps you take control of your life.
- Identifying triggers and routines is the first step to changing a habit.
- Consistency and repetition are essential for building new habits.

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Complete Workbook Habit Building Planner

Tao Wei



Complete Workbook Habit Building Planner:

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[Radford's Combined House and Barn Plan Book](#) William A. Radford, 1908

The Plan Book: Autumn Marian M. George, 1899

The Primary Plan Book Marian Minnie George, 1912

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