

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that you repeat regularly and automatically. 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 neural pathways. When you repeat an action frequently, the brain creates a neural pathway that makes it easier to repeat that action in the future.

How do habits affect us? Habits can affect our health, our relationships, and our overall well-being. Good habits, such as exercising regularly and eating healthy, can improve our lives. Bad habits, such as smoking and drinking too much alcohol, can harm us.

How can we change our habits? There are several ways to change our habits. One way is to identify the triggers that lead to our bad habits and avoid them. Another way is to replace bad habits with good ones. For example, if you have a bad habit of procrastinating, you can replace it with a good habit of starting your work early.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGES PDF READY TO PRINT

# Habit Building Planner Complete Workbook

**Xiaolong Qi**



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This workbook takes the reader from understanding habits to living them James Clear's system helps good habits emerge naturally while unwanted habits fade away What's included Guided templates for easy habit tracking and habit stacking Journaling prompts to help you assess your physical and social environments identify forces at play and strategize for greatest habit success Strategies for overcoming the habit plateau and sticking with your habits even when the going gets rough Plans for adapting your habits to fit your ever changing life New ideas from Clear on the role of fun in habit formation Packed with tips tricks and activities The Atomic Habits Workbook is your step by step guide to making small changes that will transform your habits and deliver remarkable results

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