

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 create positive change in your life.

Understanding the habit loop

Identifying triggers, routines, and rewards

Building a strong habit system

Overcoming obstacles and staying motivated

Conclusion

Chapter 1: Good Habits

Introduction: Why are good habits important?

How to identify and track your habits

Building a strong habit system

Overcoming obstacles and staying motivated

Conclusion

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Habit Building Planner Practice Workbook

PT Brinkman



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happy marriages from miserable ones Surprisingly it's not healthy communication It's not conflict resolution skills It's actually the size of the marriage's joy gap Joy Gap joi gap n 1 The length of time between moments of shared joy When the joy gap gets bigger problems are more likely to overwhelm you resentment creeps in and you start to feel distant and alone in your marriage When the joy gap is smaller you regularly feel connected and happy problems feel manageable and your marriage becomes a reliable source of joy But how do you ensure that you're experiencing joy regularly Marcus Warner and Chris Coursey have studied relationships and neuroscience and discovered four habits that keep joy regular and problems small Some couples do them naturally but anyone can learn That's why each chapter includes 15 minute exercises that boost joy and re train your brain to make joy your default setting You'll learn new skills including how to return to joy more quickly after disconnection create stronger bonds and elongate times of happiness boost your enjoyment of physical and emotional intimacy Find out what your marriage looks like after a little work and a whole lot of joy

The Habit Change Workbook
James Claiborn, Cherry Pedrick, 2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts

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The Pennsylvania School Journal Thomas Henry Burrowes, James Pyle Wickersham, Elnathan Elisha Higbee, David Jewett Waller, Nathan C. Schaeffer, John Piersol McCaskey, Thomas Edward Finegan, James Herbert Kelley, 1921
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