

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 it. 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 repeating an action over and over again, which creates a neural pathway in your brain. The more you repeat an action, the stronger the neural pathway becomes, and the more automatic the action becomes.

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 going, and replacing the old habits with new ones. Consistency is key to successful habit change.

Conclusion

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