

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 improve your life.

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 you motivate yourself to keep going

Key Takeaways

- Habits are automatic behaviors that are triggered by cues.
- Triggers, routines, and reinforcement are the three components of a habit.
- Deliberate habits are those that you choose to form.

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