

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are automatic behaviors that we perform regularly. They can be good or bad, and they can be formed through repetition and reinforcement. Understanding habits is the first step in building a better life.

Why do we have habits? Habits are formed because they save us time and energy. Our brains like to do things that are familiar and predictable. This is why we often find ourselves doing things without even thinking about it.

How do habits form? Habits are formed through a process called the habit loop. It consists of three parts: a cue, a routine, and a reward. The cue triggers the behavior, the routine is the behavior itself, and the reward is the positive feeling that comes from doing the behavior.

Why is it important to understand habits? Understanding habits allows us to identify the cues and rewards that trigger our behaviors. This knowledge can be used to break bad habits and build good ones. It can help us to become more disciplined and more successful in our lives.

Conclusion

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