

HABIT BUILDING & DISCIPLINE WORKBOOK

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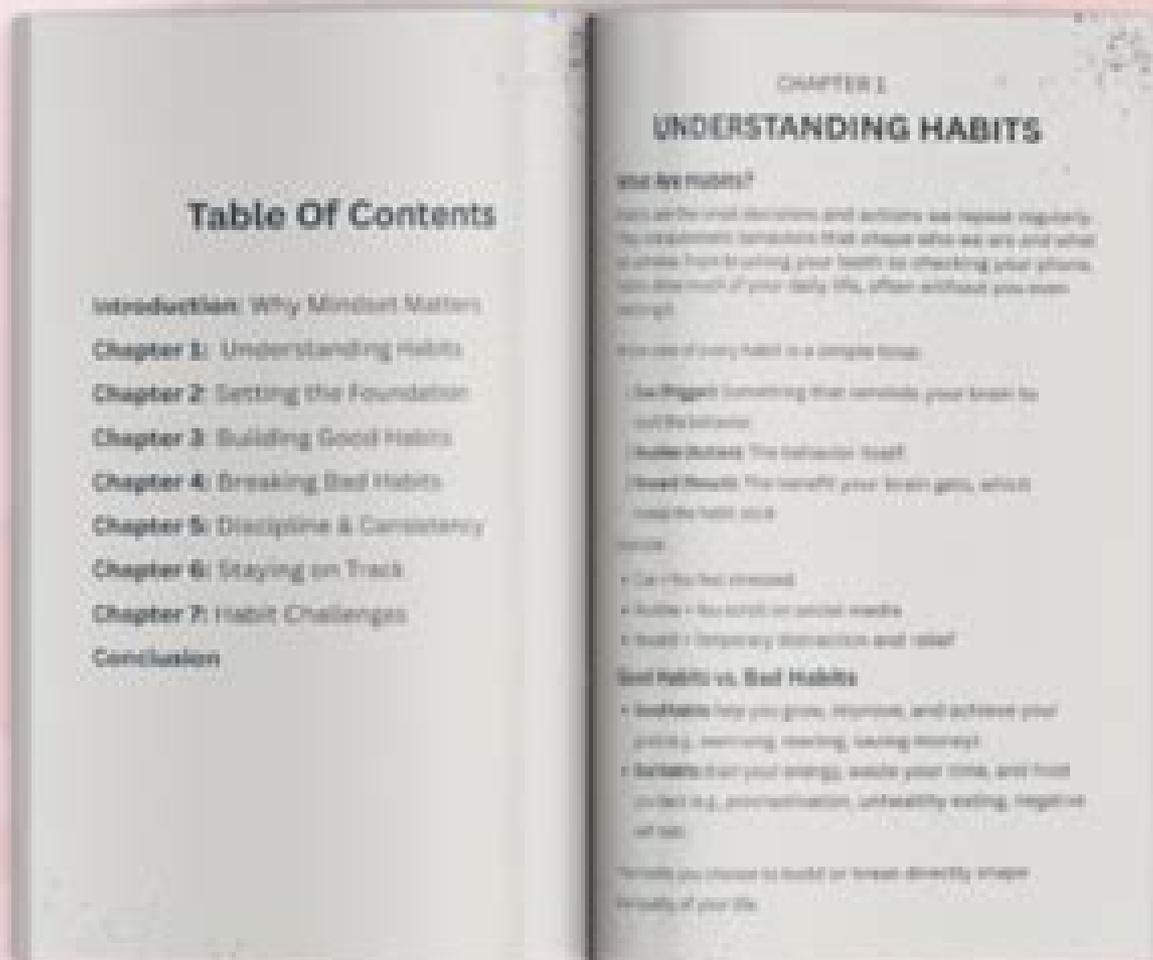
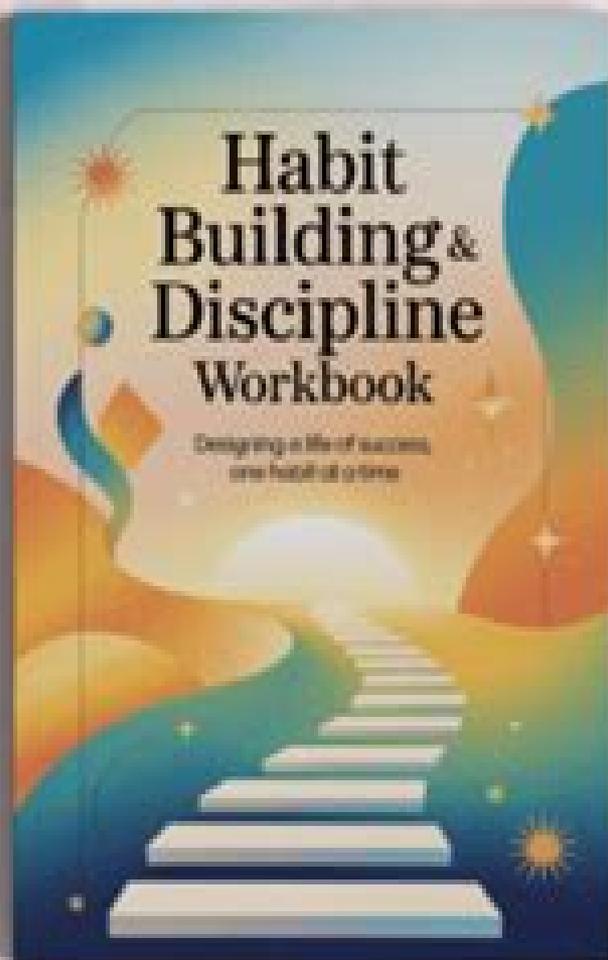


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CHAPTER 1

UNDERSTANDING HABITS

What Are Habits?

Habits are small decisions and actions we repeat regularly. The repetition reinforces that shape who we are and what we do, from brushing your teeth to checking your phone. You do most of your daily life, often without you even realize it.

The core of every habit is a simple loop:

- Cue (Trigger):** Something that reminds your brain to act (the trigger)
- Routine (Action):** The behavior itself
- Reward (Benefit):** The benefit your brain gets, which helps the habit stick

Example:

- Cue: You feel stressed
- Routine: Scroll on social media
- Reward: Temporary distraction and relief

Good Habits vs. Bad Habits

- **Good habits** help you grow, improve, and achieve your goals, including exercising, saving money, and eating healthy.
- **Bad habits** drain your energy, waste your time, and hold you back (e.g., procrastination, unhealthy eating, negative self-talk).

Think of your habits as tools to build or break directly shape the quality of your life.

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Ultimate Guide Habit Building Planner

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il a un fils télémaque

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