

# 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 be automatic or intentional. Habits are a powerful tool for personal growth and success, but they can also be a source of stress and anxiety if they are not managed properly.

Why do we have habits? Habits are formed through a process called habit formation, which involves the brain's neural pathways. When you repeat an action frequently, your brain creates a neural pathway that makes it easier to do that action again. This is why habits are so hard to break once they are formed.

How can I build good habits? Building good habits starts with identifying the habits you want to build. Then, you need to break them down into small, manageable steps. Consistency is key when it comes to building habits, so make sure to do them every day, even if it's just for a few minutes. You can also use rewards to motivate yourself to keep going.

How can I break bad habits? Breaking bad habits is a challenge, but it's not impossible. The first step is to identify the habit you want to break. Then, you need to understand why you do it. Is it a stressor? A reward? Once you know the reason, you can work on finding a healthier alternative. It's also important to be patient and consistent, as it can take time to break a habit.

Conclusion

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# Habit Building Planner Complete Workbook

**Brendan G. Carr**



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