

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are automatic behaviors that we repeat regularly. They can be good or bad, and they can significantly impact our lives. Understanding habits is the first step in building a better life.

Why should I read this chapter?

This chapter will help you understand the science of habits, how they are formed, and how to break bad habits and build good ones. It will also provide you with practical tips and exercises to help you achieve your goals.

Chapter Objectives

By the end of this chapter, you should be able to:

- Define what a habit is and how it is formed.
- Identify the triggers and rewards of your habits.
- Understand the science of habits and how they are formed.
- Learn how to break bad habits and build good ones.
- Apply the principles of habit formation to your own life.

Chapter 1: Understanding Habits

Introduction

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Lei Huang



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