

# 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 do we have habits? Habits are formed through repetition. When we perform an action repeatedly, our brain creates a neural pathway that makes it easier to do that action again. This is why habits are so powerful and difficult to break.

How do habits affect us? Habits can shape our identity and determine our success or failure. Good habits, such as exercising, reading, and saving money, can lead to a healthier, wealthier, and more successful life. Bad habits, such as procrastinating, eating junk food, and smoking, can lead to negative consequences.

How can we change our habits? Changing habits requires conscious effort and consistency. It involves identifying the triggers that lead to a habit, understanding the rewards, and replacing the old habit with a new, positive one. This process is often easier than it seems, but it does require dedication and patience.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGES PDF READY TO PRINT

# Habit Building Planner Complete Workbook

**Ying Liu**



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