

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? How do they form? Why are they important? This chapter explores the science of habits and how they can be used to improve your life.

Understanding the habit loop

Triggers: Identifying the cues that lead to habits

Routines: Building the desired habit

Rewards: Reinforcing your habit with a positive feeling

Conclusion

Key Takeaways

How to create a habit system

How to break a bad habit

How to stay motivated and consistent

How to overcome habit challenges

Conclusion

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