

# 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 create positive change in your life.

Types of Habits

- Good Habits: Habits that benefit your health, productivity, and overall well-being.
- Bad Habits: Habits that are detrimental to your health, productivity, and overall well-being.

How Habits are Formed

The process of habit formation involves a cycle of cue, routine, and reward. This chapter explains how to identify cues and rewards to create new habits.

Why Habits are Important

Habits are the building blocks of a successful life. They can help you achieve your goals, improve your health, and increase your productivity.

How to Break Bad Habits

Breaking bad habits is a challenge, but it is possible. This chapter provides strategies for identifying triggers and replacing bad habits with good ones.

Conclusion

43 CUSTOM PROFESSIONAL DESIGN, 43 PAGES PDF READY TO PRINT

# Habit Building Planner Complete Workbook

**Michael Hoelscher**



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    - Chapter 4: Habit Building Planner Complete Workbook in Specific Contexts
    - Chapter 5: Conclusion
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