

# 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 them. They can be good or bad, and they can have a significant impact on your life. Understanding habits is the first step to changing them.

Why do we have habits? Habits are formed through a process called habit formation. This process involves repeating an action over and over again, which creates a neural pathway in your brain. The more you repeat the action, the stronger the pathway becomes, and the more automatic the action becomes.

How do habits affect us? Habits can have both positive and negative effects on our lives. Good habits, such as exercising, eating healthy, and reading, can improve our health, happiness, and success. Bad habits, such as procrastinating, smoking, and drinking too much, can harm our health and well-being.

How can we change our habits? The key to changing habits is to understand the triggers that lead to the habit and to replace the habit with a new, positive one. This process is often easier than it seems, and it can be done in a matter of weeks.

Conclusion

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# Habit Building Planner Complete Workbook

**Lingsheng Yao**



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