

# HABIT BUILDING & DISCIPLINE WORKBOOK

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### CHAPTER 1

#### UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that we repeat regularly, often without thinking about them. They can be good or bad, and they can have a significant impact on our lives. Understanding habits is the first step in building good ones and breaking bad ones.

Why do we have habits? Habits are formed through a process called habit formation. This process involves repeating an action until it becomes automatic. The brain then creates a neural pathway that makes the action easier to perform in the future.

How do habits affect us? Habits can have a profound impact 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 have the opposite effect.

How can we change our habits? The good news is that we can change our habits. It takes time and effort, but it is possible. The key is to understand the triggers that lead to the habit and to replace them with new, positive actions.

Conclusion

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# Complete Workbook Habit Building Planner

**Xiaolong Qi**



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