

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 conscious thought. 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 a process called habit formation, which involves the brain's neural pathways. When we repeat an action frequently, the brain creates a neural pathway that makes it easier to perform that action in the future.

How can we change our habits? To change a habit, we need to be aware of it and understand the triggers that lead to it. We can then replace the old habit with a new, more desirable one. This process is often easier when we have a strong reason for wanting to change.

Conclusion

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