

# HABIT BUILDING & DISCIPLINE WORKBOOK

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## CHAPTER 1

### UNDERSTANDING HABITS

Introduction

What are habits? Why do we have them? How do they form? How can we change them? 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: The actions you take

Rewards: How they reinforce your habits

How to identify your own habits

Why do we have habits?

How to change bad habits

How to build good habits

Conclusion

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# Habit Building Planner Complete Workbook

**Tobias Bleicker**



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