

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 good ones and breaking bad ones.

Why do we have habits? Habits are formed through a process called neuroplasticity, where the brain creates neural pathways that become automatic over time. This is why habits are so difficult to break once they are established.

How do habits affect us? Habits can have a profound impact on our health, happiness, and success. Good habits, such as exercising, eating well, and reading, can lead to a healthier and more fulfilling life. Bad habits, such as procrastinating, smoking, and drinking too much, can have negative consequences.

What are the benefits of understanding habits? By understanding how habits are formed and how they affect us, we can take control of our lives. We can identify our bad habits and replace them with good ones. We can also learn how to build good habits that will help us achieve our goals.

Conclusion

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Scott C. Dulebohn



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