

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 it. They can be good or bad, and they can shape your life in significant ways. Understanding habits is the first step to changing them.

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 can we change our habits? The key is to be consistent and patient. Start with small, manageable changes and build on them over time. Remember, it's not about perfection; it's about progress.

Conclusion

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Habit Building Planner Complete Workbook

Marian M. George



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