
Course- The Science of Habit Formation and Breaking

Duration- 8 Hours

Objective: Understanding how habits are formed and how we can change them to improve our lives.

Session 1: The Science Behind Habit Formation

- What is a habit and how is it formed in the brain?
- The role of the habit loop (cue, routine, reward)
- Why habits are so powerful in shaping our behavior

Session 2: Identifying Good vs. Bad Habits

- How to distinguish between helpful and harmful habits
- The impact of habits on health, productivity, and relationships
- Practical examples: Common habits people want to break or form

Session 3: Strategies for Building Positive Habits

- Techniques for building and sticking to good habits (e.g., habit stacking, small wins)
- The importance of consistency and tracking progress
- Real-life examples: How people successfully create lasting habits

Session 4: Breaking Bad Habits

- The challenges of breaking bad habits
- Psychological techniques for overcoming cravings and temptations
- How to rewire the brain and replace bad habits with healthier ones

Session 5: The Power of Environment and Social Influence

- How your environment can influence habit formation
 - The role of social circles in shaping habits
 - Tips for creating a supportive environment to foster positive habits
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