

Name: _____

Date: _____

READING COMPREHENSION WORKSHEETS

THE POWER OF HABIT

Humans are creatures of habit. From brushing teeth to the route take to school, habits form the invisible architecture of daily life.

According to research, habits emerge because the brain is constantly looking for ways to save effort. Once a habit forms, the brain stops fully participating in decision-making.

While this efficiency can be helpful, it also means that bad habits can become deeply ingrained unless consciously broken. Understanding how habits work can empower individuals to change behavior and achieve long-term goals.

Questions:

- 1. What does the passage suggest about how habits form?*
- 2. Why might bad habits be hard to break?*
- 3. What is the main idea of the passage?*
- 4. Find a synonym for "ingrained" as used in the passage.*
- 5. According to the passage, how can understanding habits help individuals?*