



Discussion Guide

CAMP AFGHANISTAN BOOK CLUB

STEP

BY

STEP



The Power of Habit

BY CHARLES DUHIGG

WELCOME TO CAMP AFGHANISTAN BOOK CLUB

ABOUT CAMP AFGHANISTAN

Camp Afghanistan is for students of high school age in Afghanistan to prepare for international educational opportunities. Hosting various programs in English, the camp aims to enhance students' language skills while simultaneously empowering them to make positive impacts both in Afghanistan and globally.

ABOUT CAMP AFGHANISTAN BOOK CLUB

The goals of the Camp Afghanistan Book Club are to inspire Afghan youth to explore diverse perspectives through global literature and to serve as a follow-up to the Camp Afghanistan week-long training. The club aims to enhance youth English language skills, public speaking, and confidence, while building a supportive community of like-minded young learners. It will also provide an accessible learning tool for out-of-school youth and may offer opportunities for exchanges with universities abroad.

HOW DOES THE BOOK CLUB WORK?



We pick one book every two months

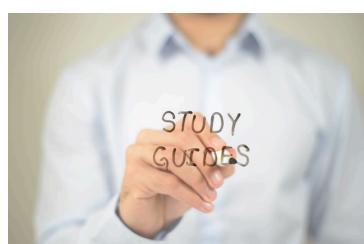
Including textbook, fiction, and biographies

Copies to be provided to members either online or printed



We meet online once a month

Via Zoom discussing the book and opportunities to engage with the book such as debates



You will have discussion guides in PDF

Members will be provided with a newsletter discussion guide helping them with reading, discussion, and writing



Opportunities to write summary/review

Members can write reviews and summaries of the book that will be published in a newsletter/webpage

ABOUT OUR AUTHOR

Charles Duhigg is a Pulitzer Prize-winning journalist and bestselling author of *The Power of Habit* and *Smarter Faster Better*. His work explores how habits shape our lives and how we can be more productive by understanding human behavior. Duhigg studied history at Yale and later earned an MBA from Harvard Business School. As a journalist, he has written for *The New York Times* and other major publications. His research on habits and productivity helps people understand how small changes can lead to big improvements in their personal and professional lives, offering valuable lessons for students and young leaders.



“If you believe you can change - if you make it a habit - the change becomes real.”

- CHARLES DUHIGG, *THE POWER OF HABIT*

THE WRITING ASSIGNMENT

Write an essay of 1,000 words answering the following questions:

How understanding the concept of "habit loop" influence our actions? What are some of the most important habits that successful people have in common? What are some habits that you wish to change in your life and what strategies will you use to reach your goal? Provide timeline and step by step actions for your plans.

Formatting:

- The essay must be typed and submitted as a Word document
- Use Times New Roman, 12-point font, and double-spacing
- Include your full name and contact information at the top of the first page

A well-written essay:

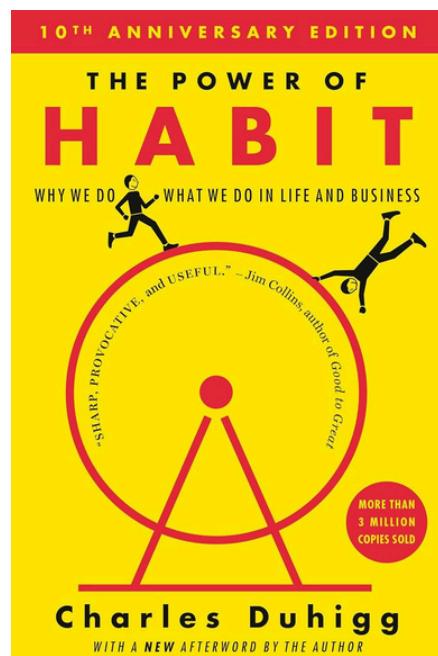
(1) Demonstrates understanding of the key concepts from *The Power of Habit* **(2)** Provides insightful analysis and reflection on habits and their role in life **(3)** Presents a well-structured, coherent, and persuasive argument **(4)** Cites examples and evidence effectively **(5)** Is original and creative and not relying on AI generated or plagiarized content **(6)** Proper use of grammar, spelling, and punctuation.

Email your essay to summer.camp.afg@gmail.com with the subject line "Essay Submission - [Your Full Name]."

ABOUT THE BOOK

In "The Power of Habit", award-winning "New York Times" business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential for transformation. Along the way we learn why some people and companies struggle to change, despite years of trying, while others seem to remake themselves overnight. We visit laboratories where neuroscientists explore how habits work and where, exactly, they reside in our brains. We discover how the right habits were crucial to the success of Olympic swimmer Michael Phelps, Starbucks CEO

Howard Schultz, and civil-rights hero Martin Luther King, Jr. We go inside Procter & Gamble, Target superstores, Rick Warren's Saddleback Church, NFL locker rooms, and the nation's largest hospitals and see how implementing so-called keystone habits can earn billions and mean the difference between failure and success, life and death. At its core, "The Power of Habit" contains an exhilarating argument: the key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work. Habits aren't destiny. As Charles Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.



DISCUSSION QUESTIONS

Discussion questions in our book club will help us talk about the book in our meeting once we have all finished reading. These questions will make it easier for us to share what we have learned from the book, our thoughts, feelings, and ideas about the arguments, examples, and messages in the book. While reading the book think of how you'd respond to these questions:

1. What is the "habit loop," and how does it explain both good and bad habits? Can you think of a habit in your life that follows this loop? How could understanding this help you modify it?
2. Duhigg describes keystone habits—habits that have a ripple effect, leading to other positive changes. What are some examples of keystone habits, and why do they have such a powerful impact?
3. What role does willpower play in habit formation? Duhigg suggests that willpower can be developed like a muscle. Do you agree with this metaphor? How might this insight be useful in everyday life?
4. Can bad habits ever be fully eliminated, or do they just get replaced? What strategies does Duhigg suggest for dealing with deeply ingrained negative habits? Have you ever successfully replaced a bad habit?
5. How does Duhigg's exploration of habits challenge the idea of free will? If so much of our behavior is determined by habits, how much control do we really have over our decisions?
6. Do you think it's possible to use the habit loop to create lasting change in your life? What are some habits you would like to change or develop using the principles in the book?

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