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Mary A. Dolan And Dianne Swanson-Fass For Believing In Me As An Undergraduate And For Nurturing My Self-confidence. I Am Also Grateful For The High Quality Instruction By The Faculty Of The Psychology Department At California State University, San Bernardino. 9th, 2024

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Others Have Used In The Past: 1. Block Out A Set
Amount Of Time Each Day For This Habit. 2. Create A
Reminder To Follow This Habit At A Specific Time. 3.
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