

Tiny Habits Resources:

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<https://www.behaviortherapist.com/2020/12/29/how-to-set-intentions-not-resolutions-to-actually-achieve-your-new-years-goals/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC2749064/>

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<https://deliberatedirections.com/short-breaks-boost-productivity/>

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