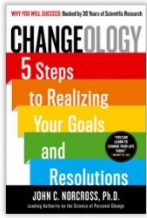
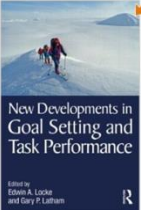


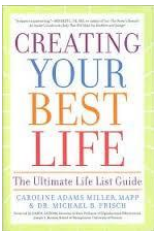
Additional Resources:



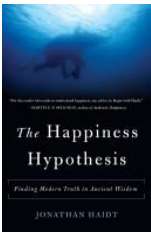
Changeology by John Norcross



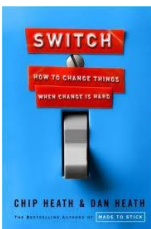
New Developments in Goal Setting and Task Performance
by Edwin Lock & Gary Latham (academic)



Creating Your Best Life by Carol Adams-Miller & Dr.
Michael B. Frisch (applied)



The How of Happiness: Finding Modern Truth in
Ancient Wisdom by Jonathan Haidt



Switch: How to Change When Change is Hard by Chip
Heath and Dan Heath



Productivity for Librarians: How to Get More Done in
Less Time by Samantha Hines