

Path Habit Mixer

When you decide to change a habit it takes time to actually make the change stick. It isn't as easy as simply deciding that you are going to change the habit. The biggest part of changing a habit is to do it consistently for 90 days. After that your body, mind and soul will see the new habit as if it has always been there. You are more likely to stick with a new habit if it has been done for 90 or more days.

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