

These are some of the most common reasons why people fail to follow through on their resolutions. If you're struggling to stay motivated, here are some tips to help you stay on track:

- 1. **Set realistic goals.** Don't set goals that are too ambitious or unrealistic. Start with small, achievable goals and build up from there.
- 2. **Break down your goals.** Large goals can be overwhelming. Break them down into smaller, more manageable tasks.
- 3. **Track your progress.** Keep a journal or use a tracking app to monitor your progress and stay motivated.
- 4. **Find a support system.** Share your goals with friends or family who can encourage and support you.
- 5. **Stay consistent.** Consistency is key. Stick to your routine and don't let small setbacks derail you.

Remember, the key to success is persistence. Stay motivated, stay focused, and you'll achieve your goals.

THE UNIVERSITY OF CHICAGO
CHICAGO, ILLINOIS 60637
TEL: 773/936-3100 FAX: 773/936-3101
WWW: WWW.CHICAGO.EDU

1. **Identify the main purpose of the text.**
 2. **Summarize the key points in your own words.**
 3. **Identify the author's tone and style.**
 4. **Identify the main argument or thesis.**
 5. **Identify the supporting evidence.**
 6. **Identify the conclusion.**
 7. **Identify the main points of the text.**
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1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.



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Community policing and the candidates for mayor

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1. The first step is to identify the problem. This involves understanding the current situation and the goals that need to be achieved.

1. The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring.

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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

For more information, contact the author at carol@carolmiller.com or call 800-451-7273.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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Urgent Care Center agreement passes in split vote

Author	Year	Country	Sample Size	Study Design	Intervention	Outcome
Wang et al.	2005	China	1,000	Randomized controlled trial	Hand hygiene	Reduced infection rates
Smith et al.	2006	USA	500	Quasi-experimental	Antibiotic stewardship	Reduced antibiotic resistance
Johnson et al.	2007	UK	2,000	Randomized controlled trial	Vaccination	Reduced disease incidence
Lee et al.	2008	South Korea	1,500	Quasi-experimental	Hand hygiene	Reduced infection rates
Miller et al.	2009	USA	3,000	Randomized controlled trial	Antibiotic stewardship	Reduced antibiotic resistance
Chen et al.	2010	China	1,200	Quasi-experimental	Hand hygiene	Reduced infection rates
Wong et al.	2011	Hong Kong	800	Randomized controlled trial	Vaccination	Reduced disease incidence
Patel et al.	2012	India	1,800	Quasi-experimental	Hand hygiene	Reduced infection rates
Kim et al.	2013	South Korea	1,100	Randomized controlled trial	Antibiotic stewardship	Reduced antibiotic resistance
Ng et al.	2014	Singapore	900	Quasi-experimental	Hand hygiene	Reduced infection rates
Alam et al.	2015	Bangladesh	1,300	Randomized controlled trial	Vaccination	Reduced disease incidence
Yamamoto et al.	2016	Japan	1,600	Quasi-experimental	Hand hygiene	Reduced infection rates
Sharma et al.	2017	India	1,400	Randomized controlled trial	Antibiotic stewardship	Reduced antibiotic resistance
Nguyen et al.	2018	Vietnam	1,700	Quasi-experimental	Hand hygiene	Reduced infection rates
Okada et al.	2019	Japan	1,000	Randomized controlled trial	Vaccination	Reduced disease incidence
Chen et al.	2020	China	1,500	Quasi-experimental	Hand hygiene	Reduced infection rates