



Day 5: Here's the plan:

- 1.) Write down your 10+ daily gratitudes. Focus on things related to the PEOPLE (or pets) in your life. For example, I'm grateful my partner made dinner. I'm grateful I was able to video chat with my family. Etc.
- 2.) Today is about the people in your life, so your job is to do something nice for someone else. It can be something small like writing a message telling them you're thinking of them. Or a small gift. Or making them a meal. Or giving a shoulder rub. Or paying someone a compliment.

Science has shown that one of the BEST ways to increase your own happiness is to help lift someone else's spirits by doing acts of kindness. Humans are social creatures. Not only will a compliment make someone else feel better, but it will help make you feel better too. And it doesn't have to be a grand gesture, it can be as simple as a compliment written to someone in a card or text!

Small acts of kindness can have a big impact on someone. So go give the compliment. Say the words of appreciation. Give the hug. You'll feel better, and so will they!