



**Day 29: Almost done! You're awesome (even if you haven't been able to do everything every day)!**

- 1.) Grab a pen and write down 10+ things for which you're grateful focusing on things that have happened **so far in 2020**. This has been a very challenging year so far. Look for the good. Even the little things that are all around you, everyday. What are you grateful for?
  
- 2.) I want you to choose either WALKING, YOGA, or a POWER POSE and then either do it OUTSIDE and/or with MEDITATION, meaning just focus as much as you can on your breathing. For me, I'm going to do a power pose for 3 minutes while thinking/saying positive affirmations ("I am worthy," "I am strong," etc.), and then go for a 15+ minute walk where I will focus on my breathing as I walk, and possibly listen to music, outside. I might even throw in a few yoga poses afterwards to stretch.

See how you can mix and match some of the tips and techniques we've done? They don't have to take up too much of your time, and yet they can have a huge impact on your mood. Walk, exercise, go outside, read, listen to music, sing, dance, say positive things to yourself, do something nice for someone else, meditate, etc. It's all so good for you and you'll feel better if you keep doing them!