



Day 16: Here's your job, if you choose to accept it:

- 1.) Write down 10+ things for which you're grateful, focusing on the last 24 hours. What stands out to you the most?
- 2.) Make something creative! I mean ANYTHING. Paint. Draw. Sew. Bake. Build. Crochet. Sculpt. Write. Craft. Scrapbook/collage. Wood working. Graphic design. Flower arrangements. Do an art tutorial. Whatever is something creative that you don't do on a regular basis or as your job.

Creating/art, in any form, has been shown to increase your endorphins and help boost your mood (and mind when it's something new you're learning) even if you're not good at it! So don't aim for a masterpiece, just have fun.

What art/craft/creation are you going to do?