



Day 2: Here's what you need to do:

- 1.) Write down 10+ things that have happened in the **last 24 hours** for which you are grateful. Big things. Small things. Anything!

Examples might include things like:

- I am grateful I had a good night's sleep
- I am grateful for hot water during my shower
- I am grateful my partner made dinner so I didn't have to
- I am grateful my kids did their chores
- I am grateful for the snuggles from my cat
- I am grateful my car works
- I am grateful I have food to eat
- I am grateful it is a sunny day today
- I am grateful that my partner gave me a shoulder rub
- I am grateful I got to talk to my friend/family member
- Etc.

2.) Write down or say to yourself these positive statements (and others that come to mind) known as **positive affirmations**, even if you don't feel they are true. It's even better if you say it to yourself more than once. Even just reading them will help:

- I am strong.
- I am capable.
- I am talented.
- I am loved.
- I am intelligent.

- I am courageous.
- I am powerful.
- I am attractive.
- I am a good person.
- I am a hard worker.
- I am important.
- I am good at (*insert activity/talent*)
- I am worthy.

As with all the other techniques we'll be learning, the more you can do this, the better the effects it will have, and if you can pair it with other techniques we'll be doing in the coming days (like while you're walking or doing a power pose), then it'll increase the effect.

This is a very important activity to do if you feel depression and self-doubt. Many of us have an internal monologue and it can be very negative without us even realizing it. Check out this blog post on our site to learn more about why it's important to force yourself to say good things about yourself, and what can come of it: [Beware Your Inner Monologue](#).