



Day 20: You're 2/3rds of the way there! Woot woot! (Even if you're behind, keep going!)

- 1.) Write down 10+ things for which you're grateful that have happened in the last WEEK. Reflect on the best and brightest moments of the last week but also the moments that were hard or even terrible and think about how they could have been worse, feeling out that gratitude that even though something bad happened, you're grateful that it wasn't worse than it was, or didn't happen in a worse way, etc.
- 2.) Dance! Similar to listening to music and singing, dancing is great for your mood too! We like to rock out to music with our kids or baby in our arms, or to silence when we're alone in the kitchen making tea, or for a few moments in the shower by ourselves, or during part of our walk, etc.

Music or no music, it doesn't matter. Just move your body and stretch and dance and feel your limbs and body as a whole. Do what feels good.