



Day 7: Woot!! Congrats on making it a week! You're almost a quarter of the way there!

- 1.) Write down your 10+ daily gratitudes. Anything for which you are grateful. Big things. Little things. Anything.
- 2.) Take at least 5 minutes to try meditation. Never done it before? It's way simpler than it seems. All you need to do is focus on your breathing. That's it. Sit or stand or lie down or walk and listen to the sound of your breath, focusing on making your breathing a little longer and deeper (from your belly) than you normally do.

If your mind wanders, it's totally normal! Just try to keep bringing your attention back to your breathing. If it helps, feel free to count your breaths to help keep your focus. Or download a meditation app like CALM, which has visuals that can help you.

Regular meditation changes the chemistry in your brain and trains your brain to have better focus, attention span, calmness, and better handle stress.

Want to crank it up a notch? Try getting in a position that requires you to BALANCE, like standing on one leg or a balance board, and focus on your breathing while also balancing. Balance is another activity that trains your brain to better focus and maintain your attention.

Never done meditation before? Check out this quick animated video we found that explains it: https://www.youtube.com/watch?v=JslvBcIVtDg&fbclid=IwAR34bQ4EC7Ii-HlBTtyPVKHzLGvV_iTTAM2XzLkhMr_lZ4hbZnInDRsxKgl

Here is a quick guided meditation video we found too that could be helpful (or just search for one on YouTube as there are many!)
https://www.youtube.com/watch?v=inpok4MKVLM&fbclid=IwAR3sfvzbDPnXclwUyEPEDr3n3FN_p2A9jl-yBF5XLa00s1jrm3IGfeLE6Xo

Don't think you'll be able to sit still to do this? That's okay! Check out this blog post we wrote about Active Meditation:
<https://www.findyourhappiness.info/post/active-meditation-for-those-who-cant-sit-still>