



Day 28: We're nearing the end of our challenge, so here's what you should do today:

- 1.) Write down 10+ things that have happened in the last MONTH for which you are most grateful. Big things. Little things. Anything.

- 2.) Let's redo a couple of the most important other activities. Notice how you can do multiple at once for a greater effect! You have a choice here. Either:
 - a.) Do a POWER POSE (remember easiest one is standing like Superman with hands on hips, or like this person in the photo) for 3+ minutes AND think POSITIVE AFFIRMATIONS to yourself during that time.

OR

- b.) Go for a 15+ minute WALK (uninterrupted if you can) and think about the POSITIVE AFFIRMATIONS as you walk.

Examples of great positive affirmations to think to yourself (even if you don't feel they're true at the moment) are:

- I am strong
- I am important
- I am loved
- I am talented
- I am attractive
- I am capable
- I am a good person
- I am doing my best
- I am powerful
- I am good at (insert thing or activity here)
- I am kind
- My feelings are valid
- I am worthy