



Day 18: Here's what to do:

- 1.) Write down 10+ things for which you're grateful focusing on things having to do with your senses. For example: I'm grateful for the warmth of the sunshine, or the feel of my soft blanket, or the smell of food cooking, or how a hot shower feels, or the taste of a food, etc.
- 2.) Do something to engage and focus on each of your senses. Taste something and specifically focus on that taste. Smell something and take a moment to notice it. Feel different textures and recognize how it feels. Look at something and revel for a moment in your ability to see. Sit and listen for a moment and see what things you can hear.

Take a moment for each and focus on each sense, showing gratitude for your ability to use them, or at least the ones you have.