



Day 24: Here's the plan:

- 1.) Write down 10+ things for which you're grateful that have happened in the last 24 hours. Big things. Little things. Anything.
- 2.) Plan a trip (even if you can't take one).

Science shows that if you plan a fun activity or trip somewhere, even if you have no intention of actually taking one, it will help your mood and happiness levels. Just imagining something out of your routine and visualizing yourself having fun will help change your brain chemistry for the better!

We're not just talking about lamenting about where you can't go. We're talking get out a piece of paper and/or your computer and actually PLAN a trip. Figure out what hotel you'd stay in or what activities you would do. Look at photos of the location. Think about what you'd do when you were there and who would be with you.