



Day 14: Here's the plan:

- 1.) Write down 10+ things from the last 24 for which you are grateful. Little things. Big things. All the things!
- 2.) Spend at least 3+ minutes in a **power pose**! Not sure what a power pose is? The simplest one to do is to stand up tall with your hands on your hips, just like Superman does before he flies away. Make sure your head is facing straight forward and your spine is tall and straight. Open up your chest by pulling your shoulders back.

The science behind this is: when you're happy and confident, you naturally stand taller, straighter, with your chest more open, instead of hunching over, looking at the ground or hugging yourself. HOWEVER, science shows that you can trick your body into feeling more confident, calmer, and happier by doing power poses even when you're not feeling that way naturally.

A power pose – like the Superman pose – when done for a few minutes actually helps lower your cortisol (fight or flight hormone) levels and increases your testosterone levels. This helps make you calmer, and more confident. The more you do these poses,

the more it becomes natural and helps your confidence, self-esteem, and happiness. It's an easy, quick way to boost your mood, focus, and self-esteem!

3.) WHILE you're in your power pose, I suggest breathing deep and either trying to meditate or thinking about positive affirmations again. Stand in your Superman pose for a few minutes and think statements like these:

I am strong.

I am talented.

I am hard working.

I am capable.

I am attractive.

I am powerful.

I am a good person.

I am good at ___(insert activity here)___

I am important.

I am worthy.

At the end, assess how you feel. Any better, calmer, more confident than you did at the beginning?

When work or something else is stressing you out, try this. See if it helps you. As with everything we've done so far in this challenge, if you do it regularly you will get better results! 😊