



Day 10: **Congrats!** You're one third of the way!! Here's the plan for today:

- 1.) Write down your 10+ daily gratitudes. Instead of focusing on the last 24 hours, focus on the last YEAR. What are some of your favorite things that have happened in the last year? Your best memories from the past 12 months.
- 2.) Drink more WATER!

Your body is thirstier than you realize. Water has an amazing way of clearing out toxins and giving you a rejuvenating effect. Open up those blood vessels and flush your system by drinking a BUNCH of water. (If you hate plain water, you can add fruit to it.) Aim for 3/4 of a gallon or more! And try not to drink ANYTHING ELSE today (except some tea or coffee). NO soda. NO juice.

Try it for a day (really a week would be better...) and see what happens!