



**Day 6: Here's what to do:**

- 1.) Write down your 10+ daily gratitudes. Try to think of things you usually look over in your daily life, like having clean water to drink, the convenience of indoor plumbing, your ability to see, smell, feel, etc.
- 2.) Get thyself to the kitchen! Go do something with food. Whether it's baking (for yourself or someone else) a delicious treat or making a big gorgeous salad, go create something with food that you don't normally make on a regular basis. Make a smoothie, or try a new meal recipe. Bake a cake. Anything with food that's a bit out of the ordinary! 😊

What are you cooking up?