



DAY 4: Here's the plan:

1.) First thing is first - write down 10+ things for which you are grateful. Think about the tiniest things for which you might usually take for granted. Hot water. Indoor plumbing. Food. Hugs from a loved one. A smile. Your bed and pillow and blankets. The ability to do something like read, draw, paint, craft, cook, exercise, use technology, etc.

2.) Your next job is to watch a funny video! At least one, but if you want to watch more than one, we're not going to stop you! This could be stand-up comedy, a favorite funny movie, or quick funny cat videos on YouTube.

Need a suggestion? This baby hysterically laughing gets us every time:

<https://www.youtube.com/watch?v=8NYyIdvl-zk>

This BBC animal voiceover video also cracks us up:

<https://www.youtube.com/watch?v=9HgI6HQhRHg>