



Day 21: Here's what to do:

- 1.) Write down 10+ things for which you're grateful, focusing on the little things. The feel of a hot cup of tea in your hands in the morning. The kiss or hug of a loved one. A quiet moment.
- 2.) Focus on the little things.

Take time today to focus on all the little things that you're grateful for in your life. Try to notice them as they happen instead of letting your busy schedule and day run right through them (easier said than done!). Focus on how the water feels running over you in your shower. Focus on how the sun feels on your face. Focus on how your body feels when you stretch. Focus on how that first sip of tea or coffee feels going down your throat in the morning. Focus on the attention and love from your pet. Focus on the sweet taste of honey or something else. Focus on everything you HAVE, versus the things you don't have.

Just take time to focus on each little tiny (and big) thing that happens during your day and recognize and appreciate those things.