



Day 19: Here's what I want you to do, if you're up for it:

- 1.) Write down 10+ things for which you're grateful that have happened in the last 24 hours. Boom. Starting to get easy peasy to do this part now, right?
- 2.) SING! Sing any sort of song. Make one up. Sing along to the radio or your own music. Sing a song you know well. Learn a new song. Sing in the car. Sing in the shower. Sing while making a meal. Sing while getting ready in the morning. Sing to your kids. Sing while you're cleaning. Wherever and however and whatever you want!

Singing releases endorphins, similar to laughter, hugs, and exercise, and many of the other activities we've been doing. Plus it's good for your breathing and the muscles in your core and throat, so win-win!

This is like making art in that it works even if you're not particularly good at it, which is good for us! 😊