



**Day 25: We're in the last week! Go, go, go! You can do it!**

- 1.) Write down 10+ things for which you're grateful. Focus on either: a.) things that went wrong, but then led to something good, OR b.) little things for which you usually take for granted, such as hot water, the air you're breathing, a bed to sleep in, electricity, etc.
  
- 2.) Fake it.

We are not fans of people who are fake or disingenuous and in no way would we ever recommend that. We think the most important thing you can do in your life is to be genuine and true to yourself.

HOWEVER, there is some science that shows if you FAKE these two things, it can actually help you BECOME these two things: Happiness and Confidence.

If you fake confidence going into a presentation or job interview or any other situation, it can help you start to BE more confident. This has to do with the **power poses** and body language we talked about before (stand like superman!) and having your head up and back straight. You can start to trick your body into believing you're more confident.

Note: We're not talking arrogance. Don't waltz into a conversation you know nothing about and pretend like you're an expert, We just mean overall self-confidence and calm. We mean not letting the [Imposter Syndrome](#) get to you. We mean taking pride in what you know and speaking up for yourself.

The other is happiness. When you engage the muscles used for a smile, you are tricking your brain into thinking you are happier because it reacts to those muscles being used. If you can't bring yourself to fake smile, bite a pencil lengthwise as it engages the same muscles!

Your mood can influence your body language, but don't forget that your body language can also influence your mood!