



Day 12: Here's what you should do:

- 1.) Write down 10+ things for which you're grateful that have happened in the last 24 hours. Big things. Small things. Anything!
- 2.) Go for a walk! If you're physically capable, whether it's outside (fantastic!), or on a treadmill, or even wandering through your house back and forth, go for a 15+ minute walk. Try to make the first 15-20 minutes (or longer!) uninterrupted, meaning you do not stop walking that whole time. A little bit faster pace is better, but anything is fine. If you want to listen to music, great! If you're walking with a friend, awesome! If you can do it in nature, even better!

THIS IS IMPORTANT: After the 15-minute mark of **UNINTERRUPTED** walking, assess how you feel compared to how you felt when you began the walk. Are you feeling those endorphins kick in? Are you a little happier, more clear-headed, and/or feeling a little bit more energy?