



**DAY 3: Here's what you need to do:**

- 1.) As we'll be doing every day for the duration of the challenge, write down 10+ things that have happened (or people, places, things, etc.) in the last 24 hours for which you're grateful. Could be your partner doing something nice for you. Could be the sun shining or being able to get outside. Could be accomplishing something, feeling well, etc. Write them all down.
- 2.) You probably already know that music can have an impact on your mood. There are songs that have made me cry, smile, and songs that get my motivation going. I have certain songs I like to listen to during my walks, for example, that help raise my mood and motivation (and have a good walking beat!). So your job today is to listen to some of YOUR favorite music. Think songs that pump you up, raise your spirits, and make you feel good.

What's your favorite music?

Go rock out! 😊