



Day 9: Here's what you need to do:

- 1.) Write down your 10+ daily gratitudes! (I know, you're shocked! Who knew that was coming?!?)
- 2.) Get outside (even if just for a few minutes)!

Today is one of the first really nice days this spring where I live (hopefully it's nice where you live to!) so if there's any way to get outside for a quick walk, to eat your lunch, take a stroll around your house, play with your kid/pet, shoot hoops, play catch, walk your dog, do yoga or meditate, read a book, etc., go for it!

Being outside (especially on a nice day) is a huge benefit for many reasons. Being outside helps regulate your circadian rhythm, which helps you sleep better, it gives you fresh air, helps you keep calm, takes your mind away from your work and stressors briefly, gives you fresher eyes when you go back to your work, gives you some Vitamin D, helps increase your serotonin levels, and more. So on any day that's even slightly nice out there, try to get out for a few minutes and soak up that goodness! If you can do it in nature, even near a single tree, even better!