

e-tips

The Journey to Well Being



29 Day Thanksgiving Challenge

I'm challenging you to do an activity every day until Thanksgiving Day (29 days). At the end of your day identify three good things that happened. Good things can include anything from getting a good night's sleep, hugs from your loved ones or seeing the first snowfall. Verbally share your list of three with another person or write them down in a notebook. Then begin to notice the difference this simple, less than one minute activity can make in your life. There is credible scientific evidence of the value of this exercise, but it will be far better if you discover it yourselves. It may provide the best Thanksgiving feast you have ever experienced.

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