


DAY 4



 @Dream_Chasers_org

Write a short note of thanks to anyone on your list of family and friends that you trust and rely on. Be sure to give it to them in some way, whether it's a phone call, a text, an email, or a letter you put in the mail.

Showing gratitude is an important part of a healthy life.

OR

Choose someone on your list of family and friends that you trust and rely on and do something special for them. Make it a surprise. It might be doing something you don't normally do to help out (like cleaning the kitchen), giving them something you know will be meaningful to them, or doing something they like even if you don't because you know it will make them happy.