**Youtube videos list:**

**Green light meditation**

**The science of grounding**

**Also, please keep a daily gratitude journal where you write everynight before you go to bed.**

|  |
| --- |
| **Today I am grateful for:** |
| **1.** |
| **2.** |
| **3.** |
| **4.** |
| **5.** |

**Strongly encourage you to do a 10-20 minute meditation daily**

**And keep a daily gratitude journal**

**And spend time outside in nature even if it’s your backyard.**