

DAY 3 - FIND YOUR THEME SONG

Extremely Effective Mood Booster, Your Personal First Aid Kit

Music is an easy and great mood booster. Find a couple of songs that will give you confidence, make you feel light or secure and make it into a Spotify list.

Don't be afraid to look for songs that make you cry. Releasing sadness is a deeply powerful way to get your groove back.

Sing along - off or on key - let the music hug and comfort you.

Do it now. Find at least one song that will make your day more meaningful / clearer/beautiful / clear / light or kick-ass.