



### **Day 15: Checking In**

Today's Action Item is to take a break.

Stop whatever you're doing right now and close your eyes.

Take a deep breath in.  
Exhale deeply.

With your eyes closed say to yourself, "I am doing more than existing. I am living. Life is

Good! I am better!"  
Now smile. Really! Smile!  
Take another deep breath!

Day 15: 10-minute walk.