



Day 3

YOU LOOK
REALLY
GOOD
TODAY

As usual, start your day listing the five things you are most thankful for.

Mantra

Be *positive*. Be *patient*, and be *present*. That's right – show up for life today. Don't drift off and zone out – get off your phone, off the couch and into the game. Whether you are washing the dishes or threatening your children; be there! Be present and relish every moment – the good with the bad.



Anti-oxidant smoothie to start your day

- 1/2 cup wild blueberries
- 1/2 cup blackberries
- 1/2 cup strawberries
- 1/2 cup raspberries
- 1 cup unsweetened pomegranate juice

Random act of kindness

Start your work day on a positive note. Send someone an email thanking them for something they did or complementing them on a job well done. Today's random act will be to do something for the environment. Order a recycle bin for the office, [donate a tree](#) to a reforestation program or sign up for a neighborhood cleanup. Buy a fabric shopping bag that you can keep in your car or take public transport to work. It doesn't have to be a grand gesture – every little bit helps.



Cow Face Pose

From your cat/cow pose, sit down on your bum with crossed legs. Pull your top leg towards you so that the foot is next to your hip. If your right leg is on top, then reach your right hand over your right shoulder, reach your left hand around your back and try to get the fingers on both hands to touch. Don't worry if your fingers don't touch, just get them as close to each other as possible without feeling pain.

Meals

The Buddha bowl is the cornerstone of a healthy, easy and practical meal plan. You can put just about anything in a bowl so you can pick things you feel like or just what you have in the fridge. Here's a great tutorial on how to [build a bowl](#).

Breakfast: Berry parfait; mix berries of your choice, probiotic yogurt and muesli. Add honey to sweeten and chia seeds and hemp hearts for a healthy kick.

Lunch: [Jamie Oliver's Roast carrot and fennel soup](#)

Dinner: [Buddha Bowl](#). Add some music and good company for a fun evening.

Activity

Ok, I know this is hard, but you got to get out there. Get some fresh air and embrace the winter, knowing that spring is stirring and you won't have to put up with it for too much longer. [Here](#) are some great winter activities that you probably haven't thought of.

You can also build yourself a little snow hangout room that is bound to bring you loads of joy. Get the full DIY [here](#).

15-minute guided meditation

End your day with a 15 minute guided meditation. I know your mind keeps wondering and wandering, but just keep at it. The benefits of meditation are legion! Here today's [15-minute meditation](#).
And to end the day, Larry and a kid...

My nephew having a chat with his cat, Larry...

