

Day 4



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

Mantra

Be *positive*. Be *patient*, and (you guessed it) *present*-wow look at you go! You are the veritable Zen master. Ok enough with the Ps – today you are also going to be fun. Crack a joke, suggest a fun activity to do with your family or just do something you like to do on your own. Make yourself a margarita, go to a movie or have yourself a frozen yogurt, play a practical joke on a co-worker ([here's some you can try](#)); whatever brings a little joy and whimsy into your life.



Liver Detox Smoothie to start your day

- 1 beet
- 1 carrot
- 1 lemon, peeled
- 1 handful parsley

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 is 'be kind to animals' day (note: this doesn't mean your boss or creepy Doug from accounting). So offer to take a friend's dog to the park, buy a bag of peanuts for the squirrels, get a bird feeder for your garden, make a donation to your local animal shelter or volunteer.



Mountain Pose

From your cow pose, stand up, keeping your fingertips on the mat. Taking a deep breath, stand up straight with arms up and streeeeetch. Exhale, bend at the hip and (keeping your legs straight) touch your fingertips to the mat. Each time you inhale and stretch your arms up, move them slightly further back over your head for a little back bend. Each time you bend forward on the exhale, move deeper into your forward bend. Repeat 5 times.



Meals

Breakfast: [Chickpea pancakes with yogurt](#) – hot damn!

Lunch: [Hummus and grilled veggie wrap](#)

Dinner: Jamie Oliver's Hot Buns – [dim sum for you](#)! You know the drill; start with a little music, a glass of wine or a beer and get your cook on!

Activity

Upcycling – the art of making something completely new out of something old. It's fun, it's great for the environment and it will keep you wonderfully occupied. These make excellent gifts too. [Here are some fun DIY projects for guys and gals.](#)
[Upcycle plastic bags and clear out that garbage gyre under your sink.](#)
[Upcycling projects and toy making DIYs for kids](#)

15-minute guided meditation

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

And to end the day, some epic badassery...

