

# Day 5



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

## Mantra

Be *positive, patient, present and fun.*

And today we will add *kind.*

Be kind to each other today and mostly, to yourself. Listen to your inner dialogue and remind yourself that you are pretty friggin awesome.





## Probiotic Smoothie to start your day

- 1 mango, peeled and chopped (or 1 cup of frozen mango chunks)
- 1 cup organic vanilla flavored kefir
- 1 tsp minced ginger
- 1 tbs chia seeds

## 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 of kindness is about you. Gift yourself a massage or an afternoon off. Take yourself out to lunch or buy a whole box of chocolates to enjoy guilt-free. Play a game of golf, have a night on the town – whatever blows your hair back!





## Downward Dog Pose

From your mountain pose, taking a deep breath in and exhale, bend at the hip and (keeping your legs straight) touch your fingertips to the mat. Jump or walk your legs back so that you are in downward dog. Keep arms and legs as straight as possible. Pull your navel in and up. Push your heels down and breathe! Rock from side to side and pedal your heels to get yourself in this stretch properly. Stay in downward dog for five deep breaths. Drop to your knees and go back into child's pose.





## Meals

**Breakfast:** [Pizza bagel](#) – yes please!

**Lunch:** [Best Vegan Burger ever](#) (ever!)

**Dinner:** [Seafood risotto](#), dance party, good company and a glass of wine.

## Activity

Friends – they lower the blood pressure, reduce the risk of heart disease, encourage the release of serotonin and generally make you feel better. Today's activity is a quality hang with your mates. Invite them over, go down to the pub or have a night on the town.



## 15-minute guided meditation

Try your own meditation today. Sit in a comfortable position, set your timer for 20 minutes and relax.

And to end the day, a mouse with a teddy bear.

