



UpFromTheWell

Fast Tracked – Daily Version

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 3-5 minutes a day.
- Do a 10-minute stretch/yoga session each day. (slowly integrate more each day)

Congratulations on making it through! You should be so proud of yourself!