

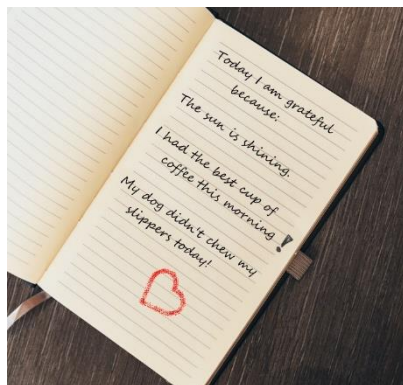
## Day 5: MindSet Matters

Today you don't have to add or subtract anything to or from your diet.

It's almost the weekend, and I'd like you to take time to integrate what you've learned so far and look back at what you've accomplished this week. You've taken the steps, and you're doing it!

**“Whether you think you can, or you think you can't, you're right.”** Henry Ford

Appreciate that you are able to do this course, that you can make choices, and that you have the ability to learn and understand. You couldn't do this without your brain, and the fact that you are doing these steps to look after it, is important and amazing.



You're amazing!

There's not too much to write about, because I've pretty well covered it in the video, but I would ask you to do this as you're making notes in your journal today:

Write down 5 things for which you are grateful.

Gratitude is SO important to your health, I really can't stress it enough. Your gut knows when you are unhappy and striving and not noticing or appreciating that which you already have.

Joy, peace, gratitude.... These are the REAL healers, body, mind, and soul.

These attributes are hard to quantify but if you would like to see where you sit on the “Happiness” scale, I invite you to take The Oxford Happiness Questionnaire.

<https://www.theguardian.com/lifeandstyle/2014/nov/03/take-the-oxford-happiness-questionnaire>

If your score is low – ask yourself, “Why is it low?” and “What can I do to make it better?”

Sometimes, the answer is in your gut.