

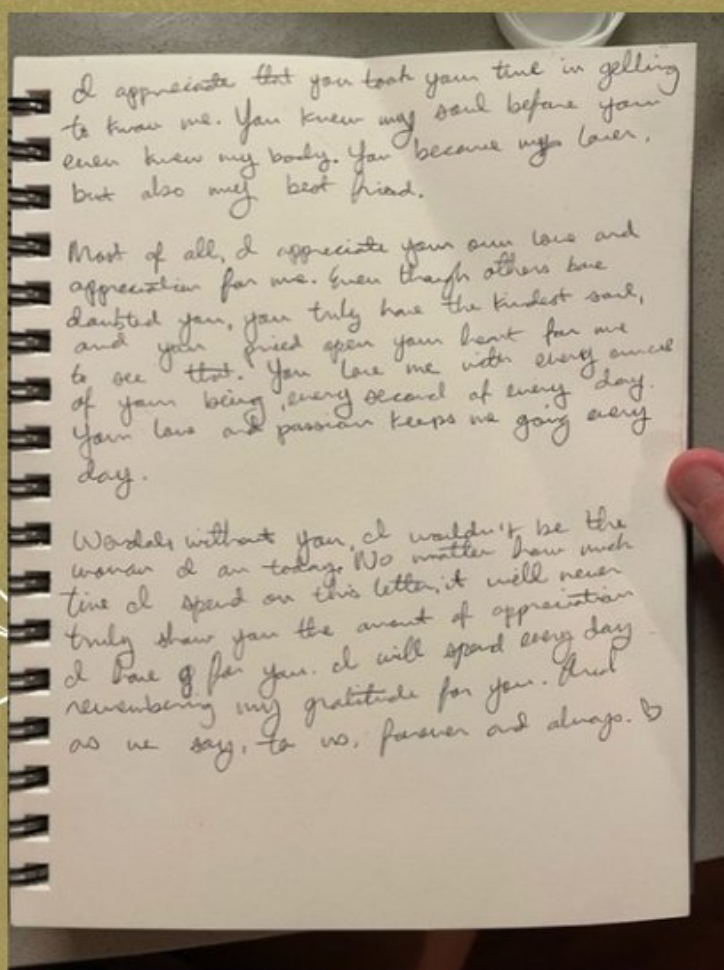
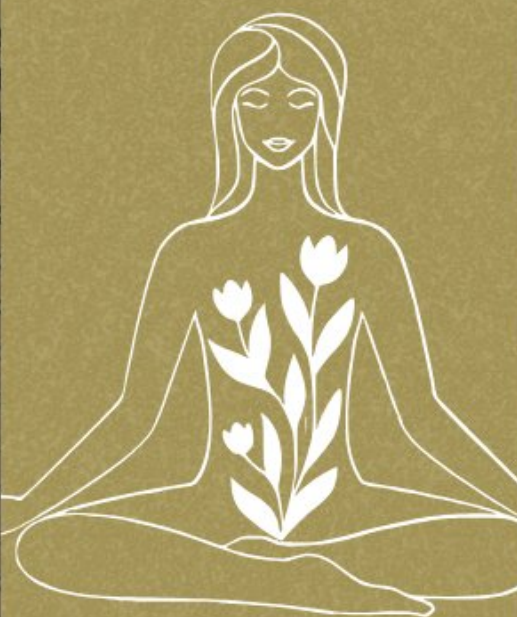
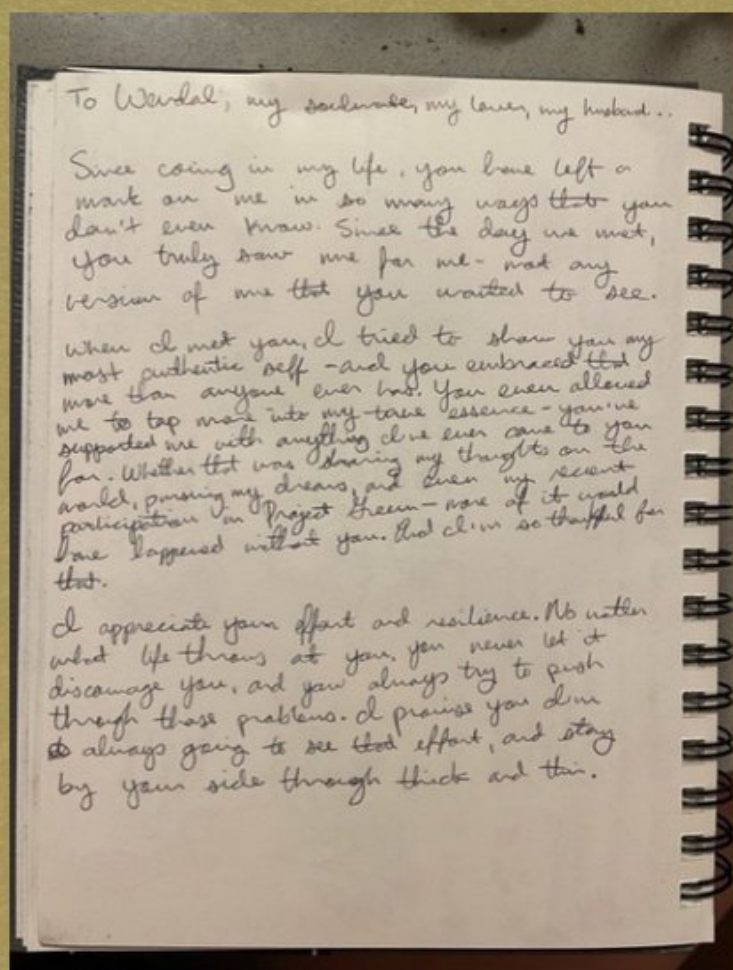
Wellness and Gratitude

For Day 14's Greener Challenge, I wrote a letter to my boyfriend, expressing my gratitude for him.

Excerpt from letter:

"When I met you, I tried to show you my most authentic self - and you embraced that more than anyone has. You even allowed me to tap into my true essence - you've supported me with anything I've ever come to you for. Whether that was sharing my thoughts on the world, pursuing my dreams, and even my recent participation in Project Green - none of it would have happened without you. And I'm so thankful for that."

This experience was definitely something that I needed - while I practice gratitude, I can often get caught up with school, work, and life and forget. Taking the moment to sit with my thoughts, write a letter, and have a private conversation definitely helped connect us on a deeper level and boost our spirits. Giving the speech in nature helped ground us even more. Gratitude is so simple yet important, and it is going to be something I remember to practice daily now, no matter how big or small the act of gratitude is.



Link to gratitude video: