

# Day 14: Connection between Mind, Body, and Spirit

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Science tells us that it takes 21 days to break a habit and we are well on our way! By now, we hope you've learned that your mind, body, and spirit are beautifully interconnected. This poem introduced by our faculty member, [Norma Wong](#), demonstrates what it means for YOU to be connected to your mind, body, and spirit.

Our mind, body, and spirit are “hard-wired”  
together; each impacts the other

When one part is tired or depleted,  
all parts are tired and depleted

By working on and restoring one part,  
all parts benefit



## Today's Challenge

Remember that old adage that smiling and laughing can instantly make you feel better and happier? Find a video clip, gif/meme, or photo that has never fails to make you smile.

## Deepen Your Practice

Notice whether caring for your physical self has benefited or improved your mental and spiritual self and share with us.