



MY WINS

DO AT LEAST ONE FROM EACH LIST DAILY

These actions will become your new **rituals** for your best health!

Emotions

- Gratitude
- Affirmation
- Meditation

FRI SAT SUN MON TUE WED THU

	FRI	SAT	SUN	MON	TUE	WED	THU
Gratitude							
Affirmation							
Meditation							

Blue Light Protection

- Wear orange lenses
- Keep lights low after dusk
- Protect skin from blue light

FRI SAT SUN MON TUE WED THU

	FRI	SAT	SUN	MON	TUE	WED	THU
Wear orange lenses							
Keep lights low after dusk							
Protect skin from blue light							

(at least neck scarf to protect your thyroid)

Get Out & Show Some Skin!

- AM sunlight (best at sunrise)
- PM sunlight (near sunset)
- Short sun breaks during day

FRI SAT SUN MON TUE WED THU

	FRI	SAT	SUN	MON	TUE	WED	THU
AM sunlight (best at sunrise)							
PM sunlight (near sunset)							
Short sun breaks during day							

Distance Yourself From the Phone FRI SAT SUN MON TUE WED THU

No phone in bedroom

No phone to your ear

No phone/tablet on body

FRI	SAT	SUN	MON	TUE	WED	THU

Practice Safe Computing

Turn off Wi-Fi at night

No laptop on your lap!

Three nights test

FRI SAT SUN MON TUE WED THU

FRI	SAT	SUN	MON	TUE	WED	THU

Clean Out the Kitchen

Replace packaged foods and plastic storage containers

Replace non-stick cookware

Buy organic food

- (see Dirty Dozen and Clean 15 lists)

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