



MY WINS

DO AT LEAST THESE THREE DAILY:

Continue to do one or more meditation/gratitude/affirmation session per day.
 Wear orange lenses whenever you use screens or are under artificial lighting.
 Greet the morning sun with 70% of your skin uncovered and without glasses.

Emotions

FRI SAT SUN MON TUE WED THU

Gratitude

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Affirmation

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Meditation

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Blue Light Protection

FRI SAT SUN MON TUE WED THU

Wear orange lenses

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Keep lights low after dusk

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Protect skin from blue light

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(at least neck scarf to protect your thyroid)

Get Out & Show Some Skin!

FRI SAT SUN MON TUE WED THU

AM sunlight (best at sunrise)

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PM sunlight (near sunset)

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Short sun breaks during day

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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