



MY WINS

Continue to do one or more meditation/gratitude/affirmation session per day.

New this week: wear the orange goggles whenever you use screens (day or night) AND wear them after dark to protect from indoor and outdoor artificial lights.

Do your best to take the other two actions, but just the glasses is a great start!

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)