



# 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


## Blue Light Protection

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

FRI SAT SUN MON TUE WED THU


*(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


**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


**Practice Safe Computing** FRI SAT SUN MON TUE WED THU

Turn off Wi-Fi at night

No laptop on your lap!

**Three nights test**


**Clean Out the Kitchen** FRI SAT SUN MON TUE WED THU

Replace packaged foods and plastic storage containers

Replace non-stick cookware

Buy organic food

- (see Dirty Dozen and Clean 15 lists)


**Get Clean Alternatives** FRI SAT SUN MON TUE WED THU

Vacuum, dust & mop often to reduce PBDE exposure

Replace toxic body care (see *Skin Deep Database*)

Replace toxic cleaning products (see *Guide to Healthy Cleaning*)
