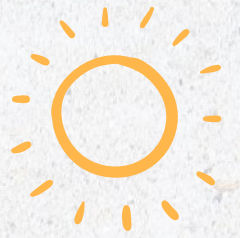


10 WAYS TO LIVE YOUR LIGHT IDEAL

1 MORNING LIGHT

Daylight boosts your mood and energy levels. Morning light helps set your body clock, which will help you sleep better, regulate your appetite, mood and more. To supercharge this time, how about exercising outdoors and if possible in a natural environment?



2 TUNE IN

Take some time throughout the day to tune in to how you're feeling. It can be easy to get so busy that we forget to eat, move, take a screen break, get some light and fresh air, have some alone time or connected time.



3 NOURISH VS DEplete LIST

As you go about your day, consider which of your activities nourish or energise you and which deplete your energy. Is it a bit unbalanced? Think of three ways you can add more nourishing activities.



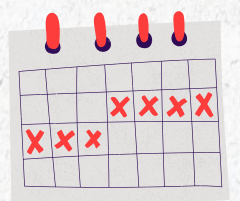
4 GRATITUDE

One of the most powerful tools available. Think of three things you're grateful for right now and feel the sensation of gratitude. Consider how to fit a gratitude practice into your day. Could you write some before you get up or go to sleep? Say them as you get ready? While you're out for daily light? While the kettle's boiling?



5 VISION

Ask yourself some questions. How do you want to feel in a year's time? What things would you love to learn? How will you grow? How will you spend your time - where and who with? You might like to consider doodling some ideas that come to you, or making a vision board that you look at regularly.



6 AFFIRMATIONS

What do you need to hear to help you achieve your vision? Start telling yourself those things now. We affirm things to ourselves all the time, whether negative or positive. They don't have to be fixed statements. In any moment, tell yourself what you need to hear.



7 PERMISSION

To be there for everyone else, you need to be okay yourself. If you feel resistance to adding nourishing activities to your day, taking time to get light or meet your other needs like eating well, exercising and getting enough sleep, ask if you would want your loved ones to ignore their needs? Apply the same to yourself.



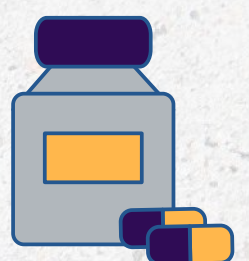
8 CHRONOTYPE

Are you an early bird morning person? A night owl? Consider when you find it easiest to do different types of activity and where possible, align your day around it. Schedule calls, meetings and focus time when you do those things best.



9 VITAMIN D

Did you know that in the UK, it is recommended that everyone takes a vitamin D supplement in the autumn and winter months? For people with darker skins or anyone who doesn't get out much, you may need to take it all year round. Vitamin D deficiency is preventable and the symptoms are wide-ranging, so removing it as a barrier gives you a better chance of feeling healthy.



10 FLEXIBILITY

When considering how to get morning light and align to your chronotype, you might have considered that you're restricted by your existing schedule. How could you adapt things? Start later to get morning light? Start earlier and take a morning break? Get out at lunchtime? We often assume that the way things are cannot be changed, but you may be surprised.

