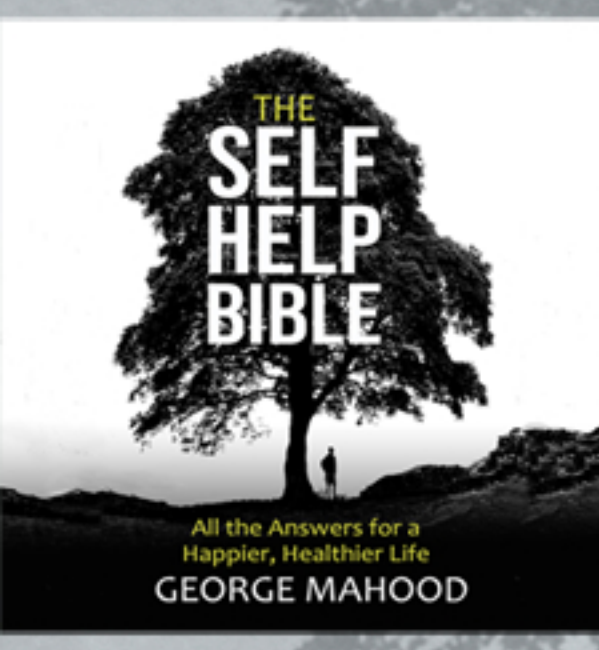


ESTABLISH A SLEEP ROUTINE
 AVOID NATURAL LIGHT BEFORE BED
 GET NATURAL LIGHT SOON AFTER WAKING
 BE LIKE SHEILA - LIMIT CAFFEINE
 - ITS HALF-LIFE IS 5-6 HOURS
 ALCOHOL AND SLEEPING PILLS
 ARE SEDATIVES - NOT REAL SLEEP
 RESIST THE SNOOZE BUTTON
 KEEP YOUR PHONE DOWNSTAIRS
 REMEMBER THE IMPORTANCE OF
 THOSE FIRST FEW MINUTES IN THE
 MORNING
 MAKE YOUR BED

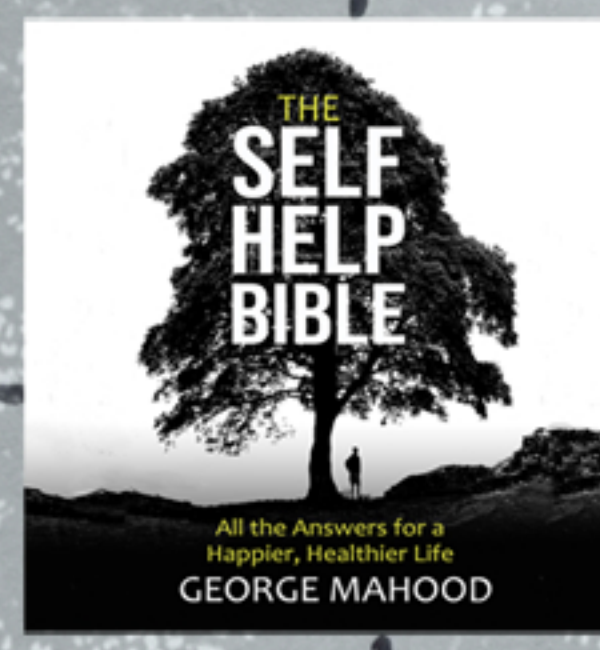
IGNORE CALORIES
 SUGAR IS NOT NEEDED BY THE BODY
 FAT IS NEEDED
 LOW-FAT FOODS ARE OFTEN WORSE
 BE KIND TO YOUR GUT MICROBIOME
 - IT CONTAINS 70% OF YOUR IMMUNE SYSTEM
 BEING VEGAN DOES NOT MEAN HEALTHY
 BE CAREFUL WITH WEIGHT LOSS
 - BODY STORES FAT AND BURNS LESS
 THE WAY YOU EAT IS IMPORTANT TOO
 STAY #HYDRATED
 HARU HACHI BU - EAT UNTIL 80% FULL
 EAT PLANTS. LIMIT SUGAR
 AND JUNK.
 DIET IS MAIN CAUSE OF DEATH AND
 DISABILITY

DEVELOP A GROWTH MINDSET
 DON'T FEAR FAILURE
 WE ALL SUFFER FROM IMPOSTER SYNDROME
 DON'T COMPARE YOURSELF TO
 GOLD MEDALISTS
READING COUNTS AS WORKING
 DON'T LET YOUR JOB DEFINE YOU
 TAKE STEPS TO IMPROVE JOB
 - BE A CRAFTSPERSON
 LOOK FOR YOUR IKIGAI
 STAY CREATIVE / ENCOURAGE
 CREATIVITY
 UNLEARNING IS PART OF LEARNING

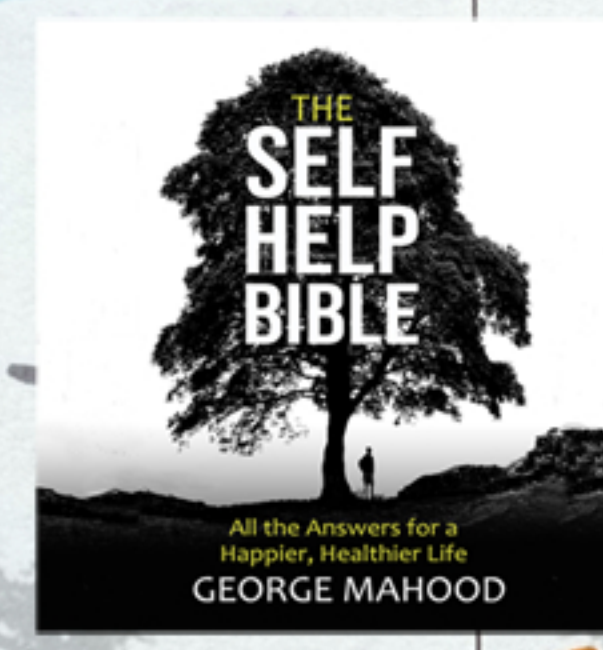
FOCUS ON THE NOW - IT'S ALL THERE IS
EMBRACE THE LAW OF ATTRACTION
 - BUT IT NEEDS EFFORT FROM YOU
EVERYTHING IS ENERGY
 BE MORE MINDFUL
 REDUCE CONSUMPTION OF NEWS
 LOSE OBSESSION WITH CALENDAR
 - TREAT EVERY DAY AS 1ST JAN
 LOOK FOR GAPS BETWEEN THOUGHTS
 - BEAUTY, EXERTION, DANGER
 TIME - ACCEPT FACT YOU'LL NEVER
 DO EVERYTHING. FOCUS ON WHAT'S
 IMPORTANT
 YOU ARE IN CONTROL OF HOW YOU
 REACT TO EVERYTHING THAT HAPPENS
 BREATHE THROUGH YOUR NOSE
 DON'T BE A DICK.



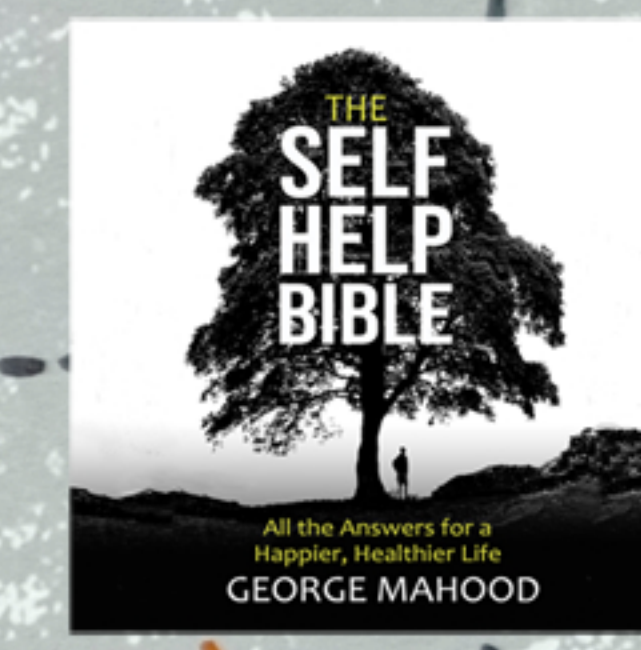
SLEEP HEALTH



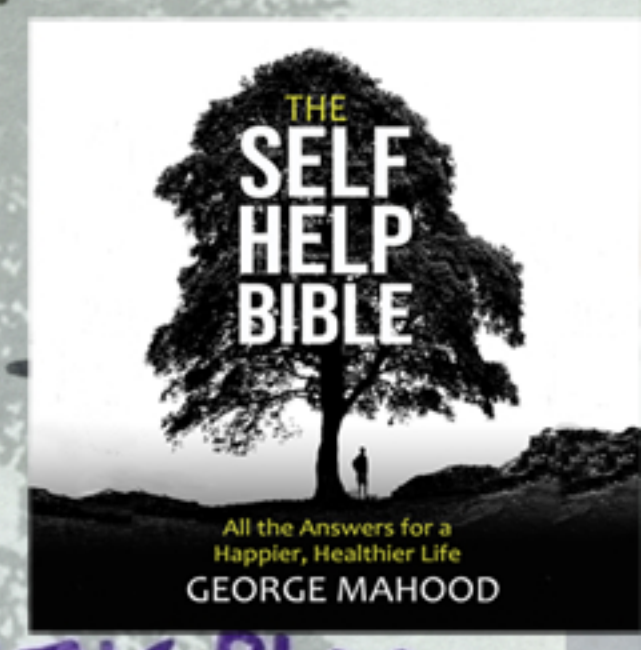
EAT EXERCISE



LEARN LOVE



FOCUS PEOPLE



IT'S NOT OK TO NOT BE OK
 THERE IS BLUE SKY ON THE
 OTHER SIDE OF THE CLOUDS
 SUNLIGHT IMPROVES HEALTH
 - TREAT YOUR BODY LIKE A SOLAR
 PANEL
 TRY COLD WATER SWIMMING
 TAKE REGULAR HOLIDAYS
 - EVEN AT THE OTHER END OF THE BED
 EMBRACE THE SEASONS AND
 LIFE'S SEASONS
 GIVE
 DON'T FEAR DEATH. IT GIVES LIFE
 ITS MEANING
 KEEP PEDALLING.

EXERCISE BENEFITS ALL FOUNDATIONS
STRETCH
 DON'T FEAR YOUR BACK
 - IT'S STRONGER THAN YOU THINK
 LACK OF MOVEMENT CAUSES PAIN
STRENGTH TRAINING - VITAL AS WE AGE
 RUNNING IS GOOD FOR MIND + BODY
WALK
 MOST BACK PAIN IS TIGHTNESS
 OF OTHER MUSCLES
 MOVE - YOGA
 - FIVE TIBETAN RITES
 REMEMBER THE MAGICAL HEALING POWER
 OF DANCE

**FIND A HAPPY PLACE YOU CAN
 VISIT EVERY DAY**
**LOVE THE PLANET - PLANT TREES
 - RESPECT SOIL
 - HUG TREES**
 GET A NATURE HIT EVERY DAY
BUY AND WANT LESS
REDUCE WASTE
 OUR HAPPIEST MEMORIES ARE NOT
 LINKED TO POSSESSIONS
**FORM GOOD HABITS. REMOVE BAD
 ONES.**
 CELEBRATE YOUR GOALS. SET NEW ONES
 SPEND TIME WITH THINGS THAT DON'T
 CARE ABOUT OUR PROBLEMS
 - RIVERS, TREES, STARS, SEA, PETS
 HAPPINESS IS FOUND WHEN WE
 DIRECT ATTENTION AWAY FROM
 OURSELVES.
BE MORE DOG.

WE DICTATE THE FUTURE OF THE PLANET
 LOOK FOR BASIC SOCIAL
 INTERACTIONS EVERY DAY
JOIN A GROUP
 SAY YES MORE. SAY NO MORE.
BE INTERESTED IN OTHER PEOPLE
SMILE
 HELP OTHERS. ASK FOR HELP.
 BE GENEROUS WITH TIME, MONEY
 AND KINDNESS
**RESOLVE CONFLICT - DON'T INSIST
 ON BEING RIGHT**
AVOID NEGATIVE PEOPLE
 BE AROUND POSITIVE PEOPLE
BE AWARE OF YOUR PRIVILEGE
**FORGIVE - YOU'RE NOT PUNISHING THEM
 YOU'RE PUNISHING YOU**
PASS ON LIFE LESSONS TO CHILDREN
 IF WE CHANGE, THOSE AROUND US
 CHANGE TOO