



'THE BASICS' DAILY CHECKLIST

- Drink 2 glasses of water ASAP
- Get 3 lungfuls of fresh air ASAP
- Daylight on your face before 10am
- Have some more water
- Plan your day
- Move your body - at least a walk
- Smile :)
- Be nice to someone
- Have some more water
- Sit in silence for 1 minute
- Ask - 'what have I learned today?'
- Turn on your blue light filter
- Go to bed early