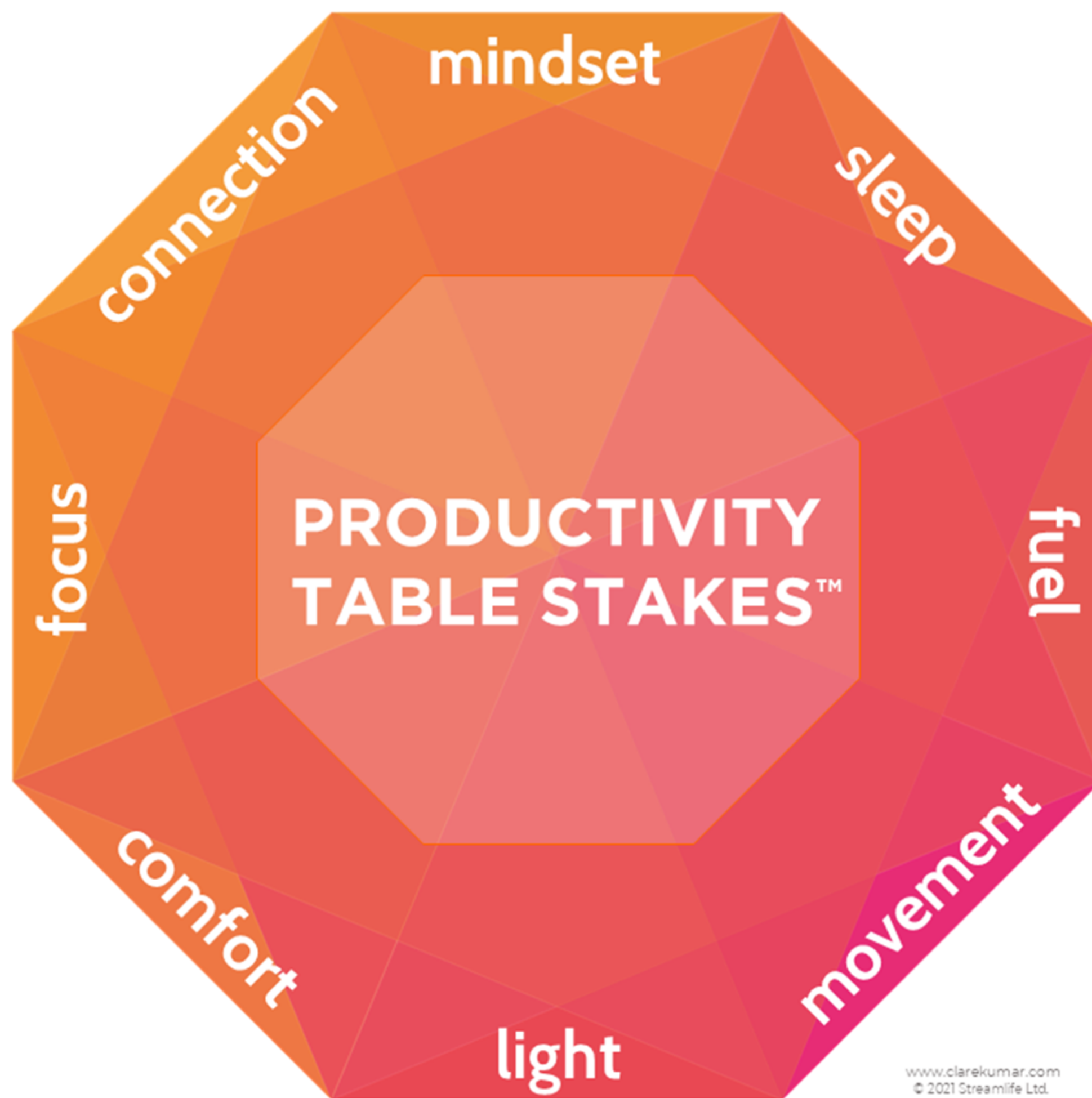


To play your best hand, understand your relationship to these eight key elements, all of which are interconnected. Develop personal policies for each to sustain your energy so that you can apply your attention to your intentions.



PERSONAL POLICIES

mindset

Give yourself a daily **#mindsetcheck** to ensure you're spiraling up not down.

sleep

Know your **#sleepnumber** and build rituals to protect it.

fuel

Think **#nutrientsperbite** to energize your mitochondria.

movement

We were not designed to sit. Get your movement **#dailydose**.

light

Absorb the **#rightlight**: enough natural light and no blue/green light in the evening.

comfort

Don't dismiss irritants, especially in your office. Commit to **#staycomfy**.

focus

Turn all notifications off, except for reminders to **#fightforfocus**.

connection

You need **#qualityconnection** every day.