

DAY 20



LIGHT EXPOSURE OPTIMIZATION GUIDE

PRACTICE GUIDE

**“EACH MORNING, SUNLIGHT REMINDS US
THAT WE ARE MEANT TO BEGIN AGAIN—
BRIGHT, AWAKE, AND ALIVE.”**

Fiona Soutter

PART 1

MORNING LIGHT PRACTICE

Welcome to Day 20. Today, we align your biology with nature’s rhythms by harnessing the power of natural light. This simple practice has a ripple effect—boosting energy, improving sleep, balancing mood, and deepening your self-love.

 Morning Light Ritual Checklist

Ideal timeframe: Within 30–60 minutes of waking.
Minimum effective dose: 5–10 minutes outdoors or near a window.

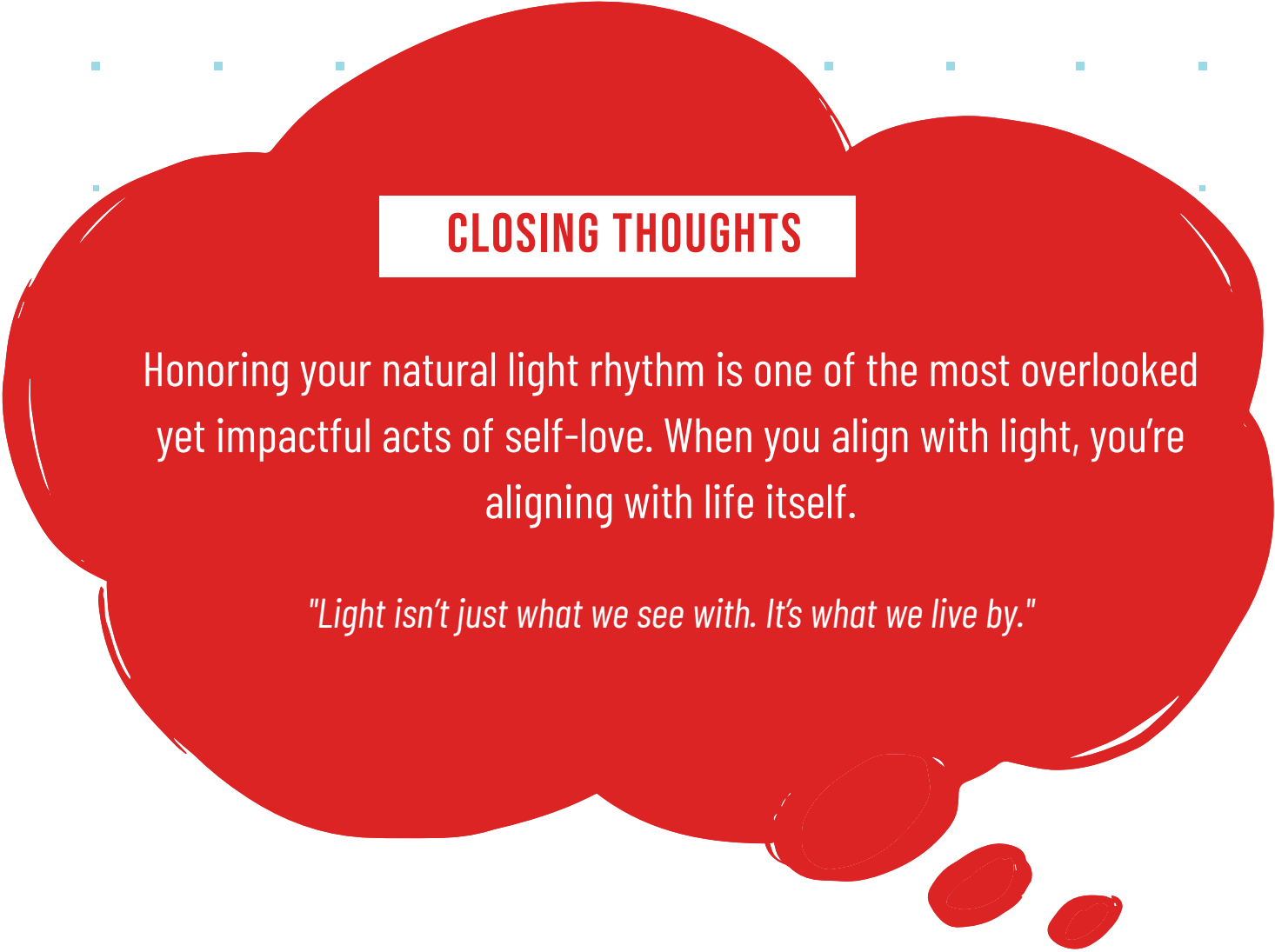
Task	Done
 Expose eyes and skin to natural morning light	☐
 Go for a short walk, or sit quietly outside	☐
 Take deep breaths while soaking in the light	☐
 Set an intention for the day	☐
 Place your hand on your heart and thank yourself	☐

PART 2

EVENING LIGHT WIND-DOWN

Reducing artificial light exposure at night helps signal your body to rest.

Light Hygiene Strategy	Notes or Plans
Dim lights 1-2 hours before bedtime	
Use candles or warm lamps instead of bright overheads	
Limit screen time after dark (use blue light filters)	
Try amber-tinted glasses in the evening	
Create a calming environment with soft lighting	



CLOSING THOUGHTS

Honoring your natural light rhythm is one of the most overlooked yet impactful acts of self-love. When you align with light, you're aligning with life itself.

"Light isn't just what we see with. It's what we live by."

Tomorrow we explore the sacred role of rest—why honoring your need for restoration is a radical and necessary act of self-love. ✨
