

# Towards Light

Tyler Franklin - OntoSynth - 2025

Ever feel like you're dragging through the day, barely keeping up while the world flies by? You're not alone, and it doesn't have to stay that way... This guide is meant to help you recharge, one easy step at a time.

No drastic changes, no pressure, just small, and simple tips to help you feel lighter, brighter, and more energized.

## Step 1: Reset and Refresh

Life gets messy, but you don't have to fix everything at once. Start small—refresh your mind and body with a simple reset.

**Breathe for Energy:** Try the “4-7-8” method:

1. Inhale deeply through your nose for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale slowly through your mouth for 8 seconds.

Feel that? That's your body hitting the reset button.

**Play the Senses Game:** Ground yourself by naming:

*Five* - things you see,  
*Four* - things you can touch,  
*Three* - things you hear,  
*Two* - things you can smell, and  
*One* - thing you can taste.

It's a simple way to pull yourself out of chaos and into the present moment.

## Step 2: Move to Improve

Movement creates momentum, and even tiny actions can help shake off sluggishness.

**The One-Minute Rule:** If moving feels like a chore, start small—just 60 seconds. Stretch, march in place, or even do a little wiggle. Yep, it all counts!

**Dance It Out:** Crank up your favorite song and dance like no one's watching. No choreography required, just pure fun.

**Step Outside:** Take a quick five-minute walk. Whether it's sunny, breezy, or drizzling, let nature give you a gentle nudge forward.

A little movement can make a big difference.

## Step 3: Fuel Your Fire

Your body runs on fuel, so treat it like the high-performance machine it is.

**Snack Smarter:** Reach for foods that keep your energy steady—like fruit, nuts, or some cheese and crackers. Skip the sugar rush and crash.

**Stay Hydrated:** Keep water handy and sip throughout the day. Make it a habit: take a drink every time you think, *"I should drink more water."*

**Recharge with Rest:** Power down screens before bed and wind down with something relaxing—read, listen to music, or just enjoy the quiet. Good sleep = better energy.

## Step 4: Celebrate the Small Wins

When life feels overwhelming, don't try to conquer it all. Start with one small task—and own it.

**Shrink the Goal:** Instead of "clean the house," aim for "put one plate in the sink." Instead of "work out," go for "stretch for two minutes." Small steps are manageable, and they add up.

**Celebrate Yourself:** Finished something? Give yourself a high-five, dance in celebration, or say out loud, "I nailed it!"

Small victories matter. Celebrate them.

## Step 5: Invite Joy

You don't have to wait for joy—it's something you can bring into your day, even on tough ones.

**Find Fun:** Watch a silly video, doodle, or spend time with your pet. Even a quick laugh can shift your mood.

**Savor the Simple Stuff:** Notice the warmth of your coffee mug, enjoy a song you love, or appreciate how soft your socks feel. (Seriously, cozy socks are underrated!)

Joy doesn't have to be loud. It can be found in life's quiet, little moments.

## Step 6: Be Kind to Yourself

The way you talk to yourself matters. If your inner voice is harsh, it's time to shift the narrative.

**Challenge Negative Thoughts:** When you catch yourself thinking, "I'll never get this right," ask, "Is that really true, or am I just stuck?"

**Flip the Script:** Replace "I'm terrible at this" with "I'm learning, and I'll get there."

Cheer yourself on. You deserve to hear kindness from within.

## Step 7: Track Your Progress

It's easy to overlook how far you've come. Keep tabs on the little wins to stay motivated.

**Rate Your Day:** Before bed, ask yourself, "How was my energy today?" and score it from 1 to 10.

**Look Back:** After a week, check your scores. Even small improvements show progress.

Progress isn't about perfection—it's about taking steps forward.

## Your Mantra

Here's something to keep in mind whenever you need a boost. Repeat it until it sticks:

*"I am still water, reflecting the infinite.  
I am the river, flowing in peace.  
I am the sky, eternal and free."*

...Remember, you don't need to do everything at once. Pick one tip, give it a try, and let small wins build into big changes...

You're not stuck—you're just getting started.