



Into the Light

The Quiet Stuff That Might Be Adding Up

This isn't a new protocol to follow or a to-do list to complete. You don't need another thing telling you what to do.

It's a soft starting point, a collection of possible triggers your body might be reacting to, even if you haven't named them yet.

This isn't a spotlight on mistakes, it's a lantern for insight. These are gentle possibilities, not judgments on how you are living your life. A list of things your body might be responding to, quietly or consistently.

In line with the Into the Light Theory, this guide isn't about control, it's about awareness. It's about noticing the quiet ways your body might be asking for care and meeting that with gentleness, not pressure.

How to Use This Guide:



- Skim the categories.
- Gently mark anything that might be worth exploring.
- Add your own discoveries at the bottom.
- Come back to this page whenever something feels off. It might help you connect the dots.

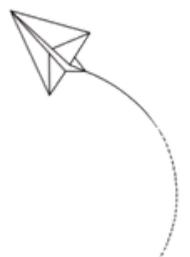
You don't have to track them all.

You don't have to change anything.

Just notice what speaks to you.

Check what stands out. Skip what doesn't.

This is your guide, not your homework.





Possible Triggers Worth Noticing

(Check what feels relevant. Skip what doesn't. Add your own.)

Into the Light

Food & Drink

- Sugar or sweeteners
- Caffeine
- Alcohol
- Gluten
- Dairy
- Processed foods
- Skipping meals or blood sugar crashes
- Dehydration

Sleep & Rest

- Late bedtimes
- Interrupted sleep
- Oversleeping (especially after flares)
- No wind-down routine
- Blue light or screens before bed
- Early wakeups with racing thoughts

Screens & Sensory Input

- Too much screen time
- Multitasking on screens
- Loud or chaotic spaces
- Bright lights or overstimulation
- Artificial fragrances
- Background noise or music
- Bright sunlight or glare

Mental & Emotional Stress

- Conflict or tension
- Overcommitting
- Caregiver burnout
- Feeling unseen or dismissed
- Loneliness or lack of connection
- Comparing yourself online
- Lack of boundaries

Movement & Stillness

- Too much activity without recovery
- Too little movement
- Skipping rest days
- "Pushing through"
- Boom-and-bust cycles

Environmental & External

- Weather shifts (barometric pressure, heat, storms)
- Travel or time zone changes
- Hormonal shifts (cycle, menopause, etc.)
- Medical appointments
- Social overstimulation
- Masking in public / people-pleasing exhaustion

Add Your Own:

- _____
- _____
- _____
- _____
- _____





Into the Light

Ways to Notice What's Been Showing Up

You don't need to track every single item on the trigger list. That's overwhelming, and not the point.

Start by choosing 1 to 3 things you're curious about, maybe something that's come up often, or a pattern you've already started to notice.

If a specific trigger from the checklist jumped out at you, that's a good place to start.

You can always come back and swap things in or out as you go.

There's no one right way to track your triggers.

Some people use full journals. Others jot a word or two at the end of the day. What matters is consistency over perfection and choosing a style that doesn't drain you.

Here are a few ways to track what might be shaping how you feel.



Daily check-in chart

A simple grid with your chosen trigger(s) and space to mark Yes/No, 1-10, or short notes.



Weekly review journal

Once a week, look back and write what stood out—this helps spot patterns over time.

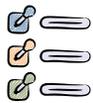
Symptom tracker

Track flares or changes in pain, fatigue, or mood alongside possible triggers.



High/Low notebook

At the end of each day, jot down one high and one low. You'll often spot what's connected.



Use symbols or color codes

Quick visual checkmarks, dots, or emoji-style indicators (☀️ = good day, 🌫️ = fog, ⚡ = flare)



Voice memos or quick phone notes

Use a voice memo if it's easier. Say what you want, however it comes out.



Finding Your Way to What Matters

This Month I'm Watching:

(You can change these anytime. This is about noticing, not locking in.)

Into the Light

- _____
- _____
- _____

Daily Tracker Grid

	Trigger 1	Trigger 2	Trigger 3	Notes (1-2 words)
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Monthly Reflection (or Flare/Week, if you prefer)

A quick look back at what stood out – use for the whole month, or print extra copies for weekly or flare-specific reflections.

Into the Light

Month/Week of:

High Points

 (Moments you felt steady, supported, or proud – big or small)

Low Points

(Challenges, dips in energy, or anything that felt harder)

Patterns or Triggers I Noticed

(Refer back to your tracker or jot what stands out – habits, changes, or surprises)



What Helped Me Feel More Stable or Supported

(Actions, routines, people, or rest that made a difference)

Still Shining

 I surprised myself by... _____

 I showed up for myself when... _____

Kind Reminder for Next Time

(Something I want to remember or carry forward)



You can print more copies of this page anytime. Use it only when helpful.



Into the Light

Looking Ahead

However it unfolded, you kept track of what mattered to you.
You gave your body a little more of your attention, without judgment, without urgency.
That matters.
Whether you tracked two days or all thirty, you've already started the work of listening inward. You can keep going, pause, or begin again any time. There's no behind here.

Want to keep going?

- ◆ Choose new triggers to explore next month
- ◆ Reuse your favorite tracking style
- ◆ Print another copy of the tracker & reflection pages
- ◆ Add your own pages and make it your own

You don't have to be perfect to pay attention.
You just have to be willing.
— Into the Light Theory