

# BLUE ZONES LIFE

## WEEK 3

### 7 Rules

1. True Vitality Test
2. True Happiness Test
3. Purpose Checkup and Purpose Statement
4. Four Always, Four to Avoid
5. Work up to 10k Steps a Day
6. Track Your Progress
7. Do 1 New Blue Zones Activity Per Day

### Week 3 Activities

#### TOP 3 MUST DO TASKS THIS WEEK

- No more than 1 hour of additional screen time daily
- Eat at least 5 Blue Zones meals / recipes this week
- Join a new social group (church, school club, local group)
- Call, text, or email a loved one you've lost contact with
- Volunteer to be an organ donor (on your license)
- Schedule a weekly get together with friends (happy hour, workout session, book club, coffee klatch)
- Volunteer for a new organization
- Host a healthy potluck
- Plan a vacation or some time off work
- Put a fruit-filled bowl on your countertop
- Write a thank you note to a coworker or friend
- Take time to rediscover a hobby you once loved
- Schedule a 10-min walk with friends or co-workers after lunch
- Put a lavender plant next to your bed

### 3 Big Wins This Week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

### Lessons Learned:

### Gratitude List:

### Notes:

“Be with those who bring out the best in you,  
not the stress in you.” -Unknown