

BLUE ZONES LIFE

WEEK 4

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 4 Activities

TOP 3 MUST DO TASKS THIS WEEK

- Finish OR review your Purpose Statement
- Eat at least 5 Blue Zones meals / recipes this week
- Create a Pride Shrine
- Designate a space in your home for meditation or prayer
- Put a post-it on your mirror with the words GROW & GIVE.
- Enroll in an Automatic Savings or Investment Plan
- Try meditation, yoga, or tai-chi
- Schedule laugh breaks on your calendar
- Declutter your house
- Get a massage
- Go for a walk with a trash bag and pick up litter
- Arrive to all appointments 15 minutes early
- Practice listening to someone with great attention
- Spend at least 2 hours in nature

3 Big Wins This Week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Lessons Learned:

Gratitude List:

Notes:

In most Blue Zone cultures, this concept of purpose, this idea of “why I wake up in the morning” is an integral part of their culture. Okinawans call it *ikigai* and Nicoyans call it *plan de vida*.



BLUE ZONES™