## Blue Zones Life
### Month 6

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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### 3 Big Wins This Month:

- Host a Blue Zones Potluck once this month.
- Try a new Blue Zones recipe once a week.
- Revisit your pride shrine and update it with new achievements.

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### Gratitude List:

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### Notes:

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### Four Always

- **100% whole grains:** Brown rice, farro, quinoa, bulgar, oatmeal, cornmeal.
- **Nuts:** A handful a day.
- **Beans:** A cup of beans per day.
- **Fruit & vegetables:** 5-10 servings per day.

### Four to Avoid

- **Sugar-sweetened beverages:** Empty calories.
- **Salty snacks:** Too much salt and preservatives.
- **Packaged Sweets:** Cookies, candies, donuts, and processed sweets.
- **Processed meats:** Linked to cancer and heart disease.

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"Research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing."

-Dan Buettner