

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. Join or Create a Walking Group or Find a Walking Buddy
6. Track Your Progress
7. Do 1 New Blue Zones Activity Per Day

Week 3 Activities

TOP 4 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).
- Walk with your group or buddy at least once.
- Volunteer to be an organ donor (on your license).
- Volunteer for a new organization.
- Call, text, or email one friend or family member you haven't connected with recently.
- Host a healthy potluck.
- Plan a vacation or some time off work.
- Schedule a weekly get together with friends (happy hour, workout session, book club, coffee klatch).
- 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.
- Put a lavender plant next to your bed.

3 Big Wins This Week:

Lessons Learned:

Gratitude List:

Notes:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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