

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. 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 4 Activities

TOP 4 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.
 - Walk with your group or buddy at least once.
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- Designate a space in your home for quiet time, meditation, or prayer.
 - Put a post-it on your mirror with the default purpose: GROW & GIVE.
 - Enroll in Automatic Savings or Investment Plans.
 - Get blackout shades or an eye mask to block out light when you sleep.
 - Try meditation, yoga, or tai-chi.
 - Declutter your house.
 - 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:

Lessons Learned:

Gratitude List:

Notes:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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**.