



In one phrase, what is your
IKIGAI
(your purpose, the reason you
wake up in the morning)?

What is the
**BEST
COMPLIMENT**
you've ever received?

What is your
**FAVORITE
MEMORY**
we've shared together?

WHAT ADVICE
would you give to your
**YOUNGER
SELF?**

If you were an
ANIMAL,
what kind would you be?

www.bluezones.com

 BLUE ZONES™

Describe your
**PERFECT
DAY**
or weekend.

CONNECT

 **BLUE ZONES™**