

Longevity Habits — Workbook

This workbook accompanies the Longevity Habits course. Each section maps to one course module and provides structured exercises, worksheets, and checklists to help you move from learning to practice. Complete each section as you finish the corresponding module — the tools here are designed to build on each other toward your personalised 90-day longevity protocol.

The Science of Longevity and the Blue Zone Framework

Establish your personal baseline across the five longevity pillars and identify your highest-leverage starting point.

Exercise: Power 9 Self-Assessment

Rate yourself honestly on each of the nine Blue Zone Power 9 factors using a 1–5 scale (1 = rarely or never, 5 = consistently and naturally). This is a baseline, not a judgement. Gaps are opportunities.

- For each Power 9 factor (Move Naturally, Purpose, Downshift, 80% Rule, Plant Slant, Moderate Alcohol or None, Belong, Loved Ones First, Right Tribe), write your current 1–5 score and one specific reason for that score — what evidence in your actual life informed it?

- Which two factors scored lowest? For each, write one concrete thing that would move your score up by one point within the next 30 days.

- Which factor, if improved, would have the most positive ripple effect on the others? Explain your reasoning.

- Write a single sentence that describes your starting point: 'I am strong in _____ and my biggest opportunity is _____.' You will return to this sentence at the 90-day review.

Worksheet: Five Longevity Baseline Measures

Measure and record each of the five baseline metrics before starting Module 2. Use the same method for your 90-day re-measurement so results are comparable.

Resting Heart Rate (bpm) — 3-day morning average

Daily Step Count — 7-day average (device/app used)

Average Sleep Duration (hours) — 7-day log of actual sleep (not time in bed)

Weekly Meaningful Social Contacts (count of distinct people)

Purpose Score (1–10 self-rating: 'I have a clear sense of what makes my life meaningful')

Measurement Date

Notes or context (e.g., stressful week, illness, travel)

Checklist: Module 1 Action Steps

- Complete the Power 9 Self-Assessment and record all nine scores
- Measure and record all five baseline metrics in the worksheet above
- Set a 90-day reassessment date in your calendar right now
- Identify your keystone habit (daily walk, eating window, or morning purpose ritual) and schedule your first occurrence this week
- Read the Power 9 summary and choose the factor you want to prioritise first

Movement and Nutrition for a Longer Life

Design your personal movement framework and nutrition defaults using Blue Zone principles and your current food and activity environment.

Exercise: Movement Audit and Weekly Design

Map your current movement patterns and design a realistic weekly movement schedule using the three-component framework (NEAT, Zone 2 cardio, functional strength).

- Track every movement you did yesterday — list every walk, every stair, every errand on foot, every structured workout. Estimate the minutes for each. What is your honest NEAT total for a typical day?
- Identify three specific places in your daily routine where you could add 5–10 minutes of incidental movement without rearranging your schedule (e.g., walk to a farther transit stop, take stairs instead of elevator, park farther away, walk during a phone call).
- Design your ideal week using the three components: list the specific day, time, activity, and duration for your 3 Zone 2 sessions and 2 strength sessions. What is your realistic step-count target for this week?

Worksheet: Blue Zone Nutrition Weekly Tracker

Track your adherence to the core Blue Zone nutritional targets each day for one week. Do not count calories — focus only on these key markers. Fill in each cell with a check, an X, or a number as indicated.

Day of week (Monday through Sunday)

Legume serving (half-cup cooked) — Yes/No

Nut serving (28g / small handful) — Yes/No

Meals with half-plate vegetables — count (0-3)

Meat servings eaten today (count and portion size in oz)

Approximate eating window (first meal time to last meal time)

Ultra-processed food servings (count honestly)

Water/herbal tea as primary beverage — Yes/No

One observation or note for the day

Checklist: Food Environment Redesign

- Cook or prepare a batch of legumes this week (or stock 3 cans of rinsed beans/lentils)
- Place a visible bowl of mixed nuts on the counter or desk
- Pre-wash and cut at least two types of vegetables for grab-and-go access
- Move fruit to the front of the fridge or a visible counter bowl
- Identify and prepare your 'default plant-heavy meal' for when you have no time to cook
- Try eating one meal this week with no distractions — no phone, no screen — and stop at 80% fullness
- Walk for 10 minutes after dinner at least 4 times this week

Social Connection, Belonging, and Purpose

Map the quality and depth of your current social connections, identify gaps, and clarify your personal sense of purpose using the Ikigai framework.

Exercise: Ikigai Mapping Exercise

The Ikigai framework identifies the intersection of four domains. Work through each domain with specific, concrete examples from your actual life — not aspirational answers. The overlap between these four circles is your current Ikigai.

- What do you LOVE? List at least five specific activities, topics, or contexts that produce a flow state for you, that you return to voluntarily, or that make time feel like it is passing quickly. Be specific — not 'helping people' but 'explaining complex ideas simply to someone who is struggling.'

- What are you GOOD AT? List skills and contributions that others have recognised or thanked you for — where your effort produces results that seem to come less easily to others. Include things from work, hobbies, relationships, and daily life.

- What does the WORLD (or your community) NEED? Where do you notice a gap, a problem, or a population that is not being served well — that you feel drawn to address? This can be local, professional, creative, or relational.

- Draw or describe the overlap: where do your Love and Good-At circles intersect most strongly? Is there a version of that overlap that addresses something the World Needs? Write one sentence: 'My current Ikigai is to _____ for/with _____.'

Worksheet: Social Connection Inventory

Complete this inventory honestly. The goal is a clear picture of your social landscape — not a comparison to an ideal. Fill in each row for each person you identify.

Tier (1 = Intimate / 2 = Close / 3 = Community / 4 = Weak tie)

Person or group name

How often you have meaningful contact (weekly / monthly / a few times per year)

Last time you had in-person contact (approximate)

Quality of last interaction (1-5: 1=surface/transactional, 5=deep/mutual)

One action you could take in the next 2 weeks to deepen or maintain this connection

Checklist: Purpose and Connection Weekly Practices

- Write your Ikigai sentence and post it somewhere you will see it daily (phone wallpaper, desk, mirror)
- Complete the Social Connection Inventory for at least 10 relationships across all tiers
- Schedule one Tier 1 or Tier 2 in-person meeting in the next two weeks
- Identify one community group (class, club, volunteer role, faith community) that meets at least weekly — attend once this month
- Start a daily morning purpose practice: write one sentence each morning connecting today's activities to your Ikigai
- Make a 'keep in touch' list of 5 people you have been meaning to reach out to — contact one person this week

Stress Regulation and Your Longevity Protocol

Design your daily downshift ritual, build a personalised sleep protocol, and assemble your complete five-pillar longevity plan with 90-day review targets.

Exercise: Designing Your Daily Downshift Ritual

Every Blue Zone population has a culturally embedded daily stress-release routine. Design yours using the evidence-based options covered in this module.

- Review your current day from waking to sleeping. At what time of day does your stress level typically peak? When does it naturally start to decline? This is your optimal downshift window.

- From the evidence-based options (physiological sigh, box breathing, meditation, nature walk, social connection, prayer, nap, music, journaling), choose 1–2 that you will realistically do daily. What makes these the right fit for your personality, schedule, and lifestyle?

- Design your downshift ritual in detail: What time will it happen? Where? For how long? What triggers the start of it (an alarm, finishing a task, a physical anchor like putting on shoes)? Write it as a specific implementation intention: 'At [time], after [trigger], I will [ritual] in/at [location] for [duration].'

- What is the biggest obstacle to doing this daily, and what is your plan to remove or reduce that obstacle?

Worksheet: Personal Longevity Protocol — Five Pillars Summary

Complete one row per pillar. This is your personalised longevity protocol — the working document you will review at 90 days and adjust based on what is and is not working.

Pillar (Movement / Nutrition / Social Connection / Purpose / Stress-Sleep)

Current baseline (from Module 1 baseline measures or self-assessment)

Minimum effective dose target (your specific weekly/daily commitment)

Specific habit or practice (exact action, not category)

When and where (implementation intention — time, place, trigger)

Stacking anchor (what existing habit does this attach to)

90-day success measure (how will you know this pillar is working?)

Review date and planned re-measurement method

Checklist: 90-Day Longevity Protocol Launch

- Complete the Five Pillars Summary worksheet with specific commitments for all five pillars
- Schedule your downshift ritual in your calendar as a recurring daily event — treat it as a meeting with yourself
- Implement the six sleep hygiene actions: consistent wake time, morning light, cool bedroom, no caffeine after 1 pm, reduced evening alcohol, 30-min wind-down routine
- Set a recurring 90-day calendar reminder to re-measure all five baseline metrics
- Share your longevity protocol with at least one person who will hold you accountable
- Identify one environmental change you can make this week that will make the right choice easier (e.g., batch-cooking legumes, moving nuts to the counter, blocking a recurring walk in your calendar)
- Re-read your Ikigai sentence and your Power 9 assessment — adjust any targets that feel too hard or too easy based on your first week of practice

Your Action Plan

1. Complete the Power 9 Self-Assessment and record your honest 1–5 scores before doing anything else
2. Measure all five baseline metrics (RHR, steps, sleep, social contacts, purpose score) and record the date
3. Choose one keystone habit this week: a daily walk after dinner, a 10-hour eating window, or a 3-minute morning purpose ritual
4. Add one half-cup serving of legumes daily and one handful of nuts 5 days per week — these two changes alone move the nutrition needle significantly
5. Design your daily downshift ritual using the implementation intention format and schedule it as a recurring calendar event
6. Complete the Social Connection Inventory and schedule one in-person Tier 1 or Tier 2 meeting within two weeks
7. Complete the Ikigai mapping exercise and post your Ikigai sentence somewhere visible
8. Apply the six sleep hygiene targets — start with consistent wake time and morning light exposure as these have the highest leverage
9. Fill out the Five Pillars Summary worksheet with specific, measurable commitments for all five pillars
10. Set a 90-day review date and schedule it in your calendar now — this review is the mechanism that makes the whole system self-correcting

