



7

*Simple Steps  
to a More*

*Zen You*

with Zen Life Coach Lucy Seligman



# Day One

Make hydration a daily habit!

Approximately how much water do you typically drink in a day?

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Fill in a bubble for every cup you drink today:

What are you going to do to make hydration a daily habit starting today?

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# Day Two

"The only thing stopping you from manifesting your dreams is you."

**What will you manifest this month?**

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**Write out 5-7 affirmations written as though you already have what you wrote above. Repeat these affirmations every single day:**

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# Day Three

Let's get moving!

**What songs always make you want to get up and dance?**

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**Today I challenge you to write out a specific promise to yourself as to how you'll make exercise a priority in your daily life:**

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# Day Four

## Fuel Yourself

**What are 3 of your favorite healthy meals?**

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**Jump on Pinterest and look around! Copy down below a new healthy recipe you're committing to trying out this week:**

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# Day Five

## Catching Some Zzzzs

**Be honest with yourself! How have your sleep habits been in the past two weeks?**

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**Commit to a schedule! Below write down what time you'll be going to bed and what time you'll be getting up every day for the next week. Fill in the bubble for each day you accomplish this:**

**Cellphone/Screens off at:** \_\_\_\_\_

**Bedtime:** \_\_\_\_\_

**Waking Up At:** \_\_\_\_\_

1   2   3   4   5   6   7

**Notes:**

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# Day Six

## Mindfulness Meditation

**What are the benefits of meditation that intrigue you the most?**

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**What app did you download to use for meditation?**

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**How did you feel after your first attempt at meditation?**

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# Day Seven

## Creating Your Sacred Space

**Where will (or is) your altar located?**

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**What do you already own that you can put in your sacred space?**

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**Take 5 minutes and write out a "wish list" of things you'd like to add to your sacred space:**

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