



*Vital life*  
**PLANNER**



**Co-funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA).  
Neither the European Union nor EACEA can be held responsible for them.



# Welcome to your Planner!

This planner is your personal tool for well-being, self-care, and mental sharpness. Use it daily to track habits, reflect on memories, and stay active - physically and mentally.

## How to use your Planner?

- **Fill in the dates yourself** - this planner is undated, so you can start anytime. At the beginning of each month, write the month and year in the space provided. Fill in the numbers for each day of the month in the calendar grid to match the correct dates.
- **Track your progress** - Each month includes a habit tracker or a challenge designed to support your well-being. Follow the instructions and mark your daily progress.
- **Complete end-of-month activities** - at the end of each month, you'll find extra exercises, tips, or recipes. These are designed to boost memory, relaxation, and overall health - give them a try!
- **Explore QR codes** - some pages have QR codes that provide extra materials like printable activities, video tutorials, or relaxation exercises.

## How to scan QR codes?

If you see a QR code, you can scan it to access additional content. Here's how:

- Use a smartphone or tablet with a camera
- Open the camera app and point it at the QR code
- Tap the link that appears on your screen
- If nothing happens, try using a QR code scanner app (free to download)

## Why these exercises matter?

Each section of this planner is designed to help you improve your mental, emotional, and physical well-being through small daily actions:

- Memory & mind challenges - keep your brain sharp and engaged
- Self-care & wellness habits - support your body and mind with simple routines
- Relaxation & mindfulness tips - reduce stress and bring more joy to your day
- Healthy recipes & practical advice - easy ways to improve your well-being

Take a moment each day to use your planner, track your progress, and enjoy the journey!

## Useful contacts

We encourage you to use this page to write down useful contacts that may be helpful to you. In every country, there are organizations that support older adults – from local senior centers and social services to helplines and community initiatives. There are also trusted support numbers you can call if you ever feel lonely, worried, or in need of advice. Take a moment to search for the contacts that are relevant in your area, and write them down here. Having this information close at hand can make a big difference when you need support. Keep it somewhere visible. You never know when it might come in handy – for you or for someone close to you.

Name / organisation	Phone number	Notes









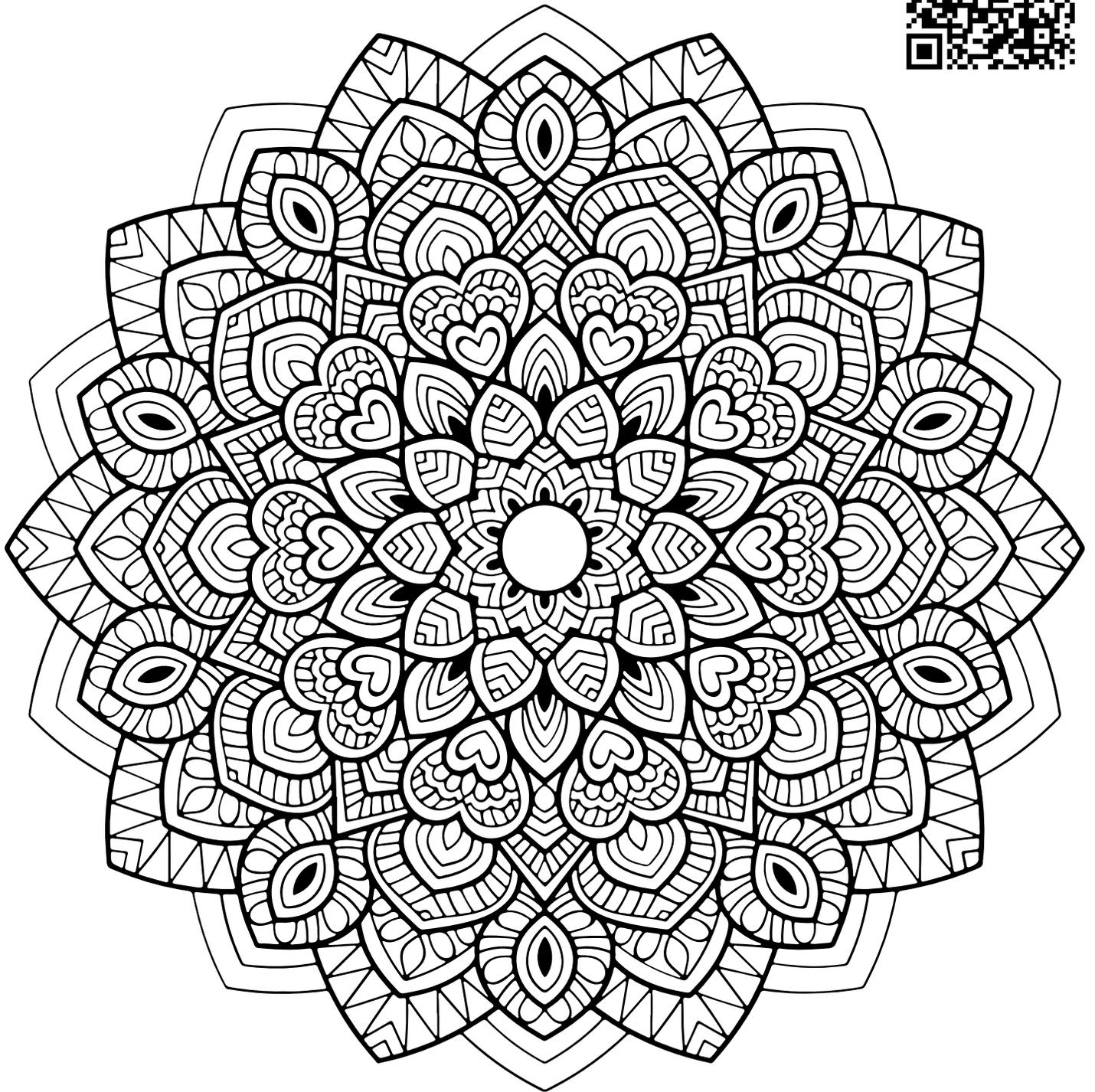




## Relax and enjoy coloring

Take your time to color this illustration and let it bring you a sense of calm and creativity. Use any colors you love and enjoy the process.

Want more coloring pages? Scan the QR code for additional designs to explore.







# 30-DAY SELF-CARE CHALLENGE

"Self-care is not a luxury, it is a necessity." (Audre Lorde)

Each day, complete one small act of self-care. Prioritize your well-being and happiness!

Set a personal goal for the month

Practice deep breathing or meditation for 10 minutes

Write down your favorite memory from the past month

Take a walk or sit outside and enjoy the fresh air

Declutter one small space in your home

Call or write to a loved one

Cook a meal you've been craving

Try a new gentle stretch or exercise

Write a positive affirmation and keep it in your pocket for the day

Create a calming bedtime ritual with soft lighting or music

Reflect on a challenge you overcame recently

Set aside time to enjoy a hobby

Write a compliment to yourself in your journal

Learn something new, like a fun fact or a word in another language

Listen to music you loved when you were younger

Write about your dreams or aspirations for the future

Spend a few minutes caring for plants or enjoying nature

Read a short poem, story, or inspirational article

Try a relaxation method, like progressive muscle relaxation

Take a short restorative nap or close your eyes and breathe deeply

Organize a small collection of items (e.g., photos, recipes)

Do something indulgent, like enjoying a small treat or favorite drink

Reflect on someone who has positively impacted your life

Write a list of things you've achieved in the past year

Draw or doodle something creative

Take a moment to look up at the sky and enjoy the view

Establish a morning routine that makes you feel energized

Write yourself a kind and encouraging note

Try practicing forgiveness for yourself or others

Celebrate your month of progress with a small reward or treat









# Fill in the blanks!

Can you complete the grid so that each row, column, and box contains all the numbers from 1 to 9?  
 Looking for more puzzles? Scan the QR code or visit [sudoku.com/sudoku-printable](http://sudoku.com/sudoku-printable) to find more free Sudoku puzzles to print!



	6					7		
9	3			6	7		2	1
		7			9	3	4	
				5	6		9	3
	1	3		4				8
		6				1		2
3		5					1	
		1	4			6	8	
6					1	5		4

6								
9		3			4		2	
						6	3	
		1	4		7	8	9	3
	9			6	8		7	5
	8	7			2	1	4	6
			7	8	3			2
						4		
8	2		5				6	7

						9		1
9		5	1	6		7		8
	4				7		2	6
	8		7	9				
2	5		6	3				
	3					9	2	
7	9	8		5		6		
			9	7	5			
5		4				1		9

		2	7		6		8	
5	8	3			1			
7				9	8	2		
2	5	7	8					
4	3		6				2	8
6					4	3		5
					9			
9				6		8		
	6		1	8			9	

5						9	8	
8		4		2	9			
9	7					6	2	3
			8	4		1		
	4	8		5	7	3	6	
	1		9				5	
7						1	4	2
4	5		2					
				4	8	7		

1	4	8	2					6
	3		4	6				
		6	5		7		4	
7		4	9			8		
			6	8		1		4
			1					
		9		5			1	3
4						5		
	5	2	8		1	6		7

7			8		1			4
		5	3	9	6	7	2	8
					9		7	1
4		1		7	8			
	9	7		1		8	4	
9		8		3	7			6
		4			5			
	7			8		4		3

6	7		3		8		2	
		8			9		1	
						8		7
	9	6			1	4	7	8
	8		5			1		2
	2			9	4			3
8		9			3	2		
							4	
			6	1			8	9

		6	3	2			
	5				9		
6	1	9		3			
5	3	8		6	1		
8		7			9		
7	6		1	4	8		
3		1	6	8			
9			7				
5	4	2					

6		3					
	4	5	8		3	1	
3					2		
	2	8		3	9	5	
6					8		
3	4	8		5	7		
8					7		
4	2		9	7	6		
			2				9

1					7	2	3	9
					3		6	
	7				2			
6	5				9	3		
8		5			4			7
		9	1				4	5
			2				5	
	6		3					
4	2	1	7					3

		2	3	5	6			
	1			7				
	7	9	4	1	2			
8	5		9			6		
3		2				9	2	
	6	3	4	2	9			
	5		6					
1	9		7	8				

		7		1		3		
	6		8	9	1	4		
	1							
4			5			6		
6	8	5		3	9	1		
2			6			8		
					4			
1	6	4	9		7			
	9		3	6				

	2		4					5
4		8		3		9	1	7
9	7							
8			7	1				5
					6	4		3
	9							
							8	1
6	4	9		7		5		2
5					2			9

1	9	8	2	3	7	5	6	4
6	2	4	1	8	5	7	3	9
5	3	7	9	6	4	1	2	8
8	5	2	7	4	9	3	1	6
9	4	1	6	2	3	8	5	7
3	7	6	8	5	1	4	9	2
7	6	3	4	1	2	9	8	5
4	8	5	3	9	6	2	7	1
2	1	9	5	7	8	6	4	3

5	4	8	7	9	1	6	3	2
3	7	6	5	2	8	9	1	4
9	2	1	6	3	4	8	5	7
4	1	9	8	5	3	2	7	6
6	8	5	4	7	2	3	9	1
2	3	7	1	6	9	5	4	8
8	5	3	2	1	7	4	6	9
1	6	4	9	8	5	7	2	3
7	9	2	3	4	6	1	8	5

1	2	3	4	9	7	8	6	5
4	5	8	2	3	6	9	1	7
9	7	6	5	8	1	3	2	4
8	6	4	7	1	3	2	5	9
3	1	7	9	2	5	6	4	8
2	9	5	8	6	4	1	7	3
7	3	2	6	5	9	4	8	1
6	4	9	1	7	8	5	3	2
5	8	1	3	4	2	7	9	6

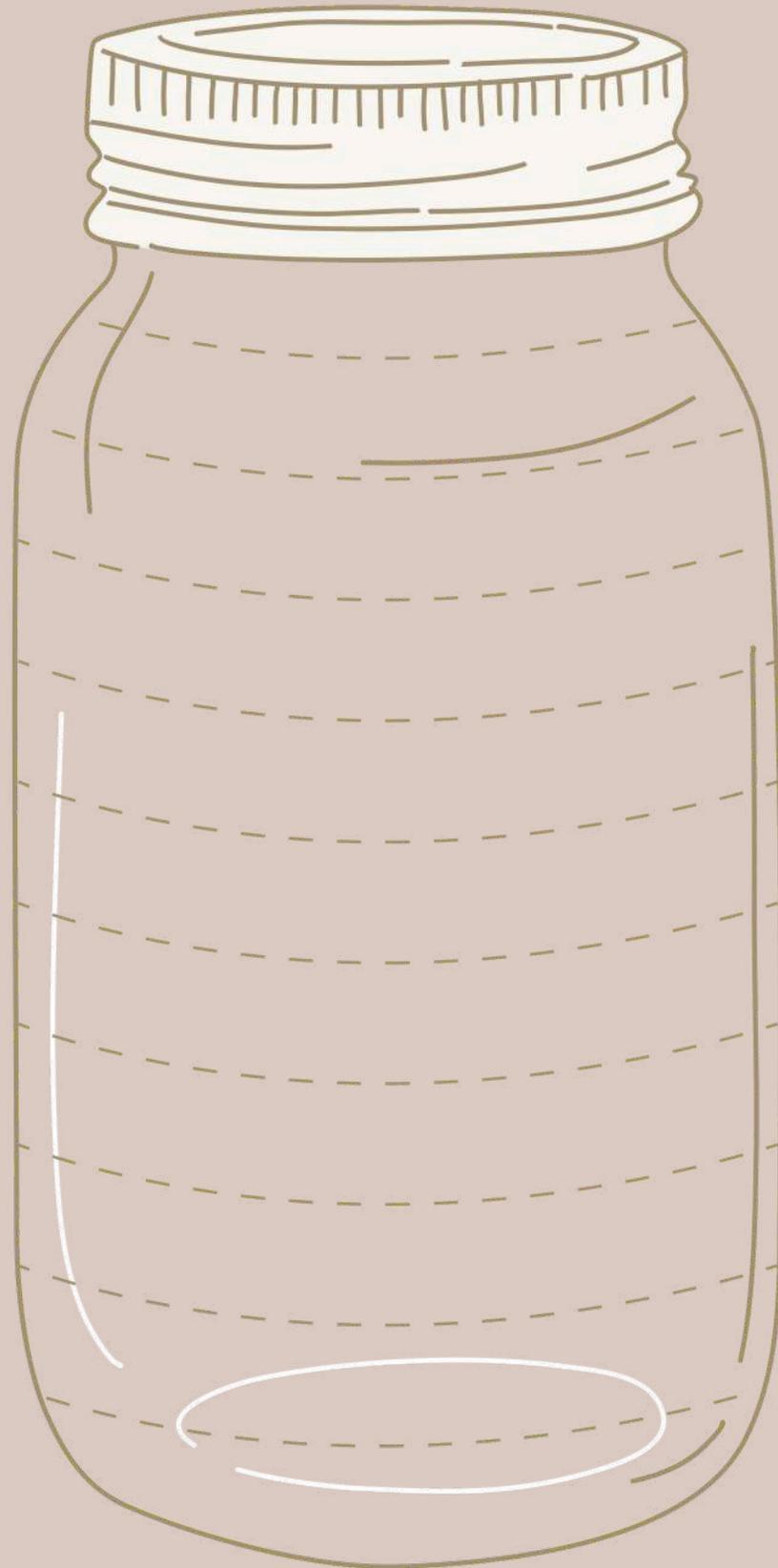
1	4	9	7	6	3	8	2	5
3	7	2	5	8	4	1	6	9
8	6	5	1	9	2	7	3	4
5	2	3	8	4	9	6	7	1
4	8	1	6	7	5	3	9	2
7	9	6	2	3	1	4	5	8
2	3	4	9	1	6	5	8	7
9	1	8	3	5	7	2	4	6
6	5	7	4	2	8	9	1	3

1	8	6	4	5	7	2	3	9
2	4	5	9	1	3	7	6	8
9	7	3	6	8	2	5	1	4
6	5	4	8	7	9	3	2	1
8	1	2	5	3	4	6	9	7
7	3	9	1	2	6	8	4	5
3	9	7	2	4	8	1	5	6
5	6	8	3	9	1	4	7	2
4	2	1	7	6	5	9	8	3



# GRATITUDE JAR

*“Acknowledging the good that you already have in your life is the foundation for all abundance.” (Eckhart Tolle)*



Each evening,  
write down one  
thing you are  
grateful for and  
place it in your  
jar. Appreciate  
the little joys!







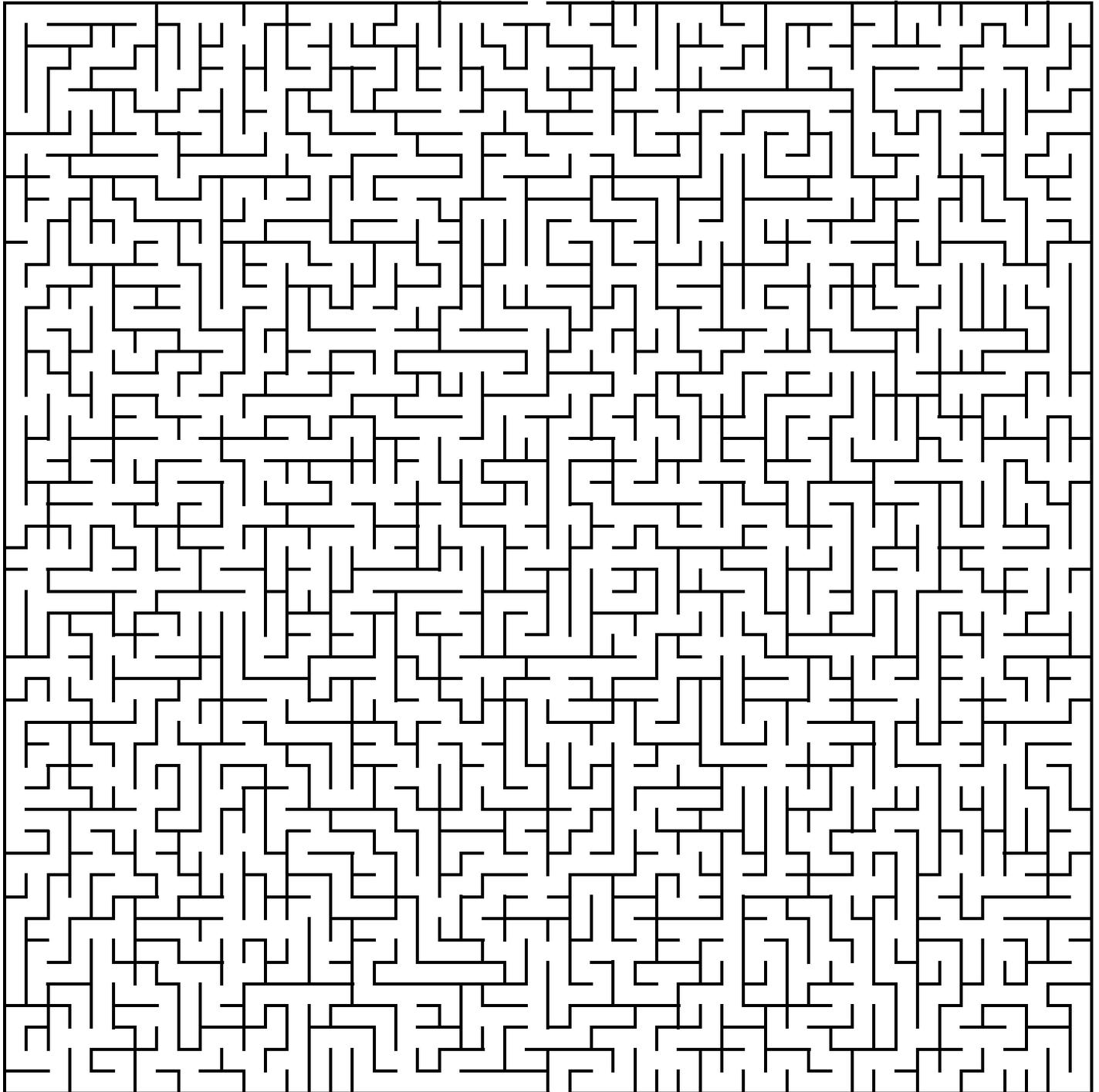


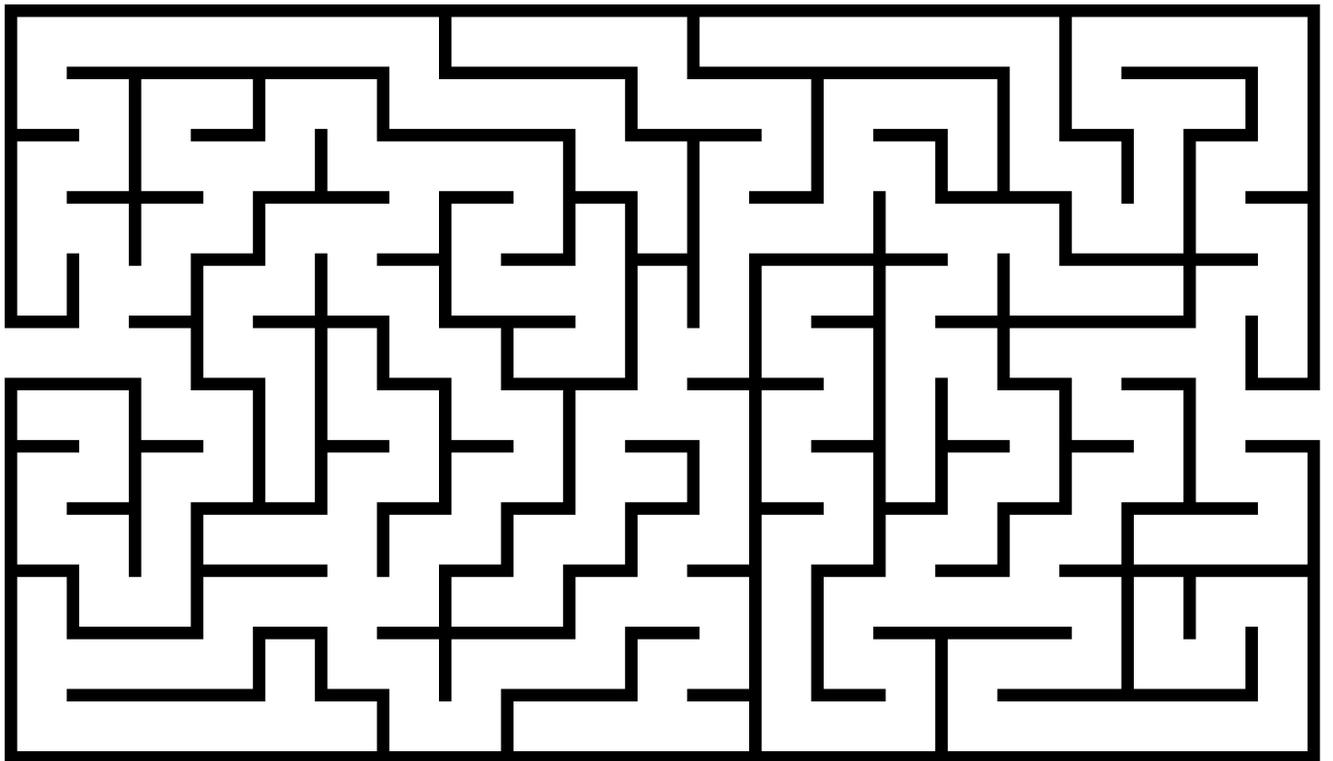
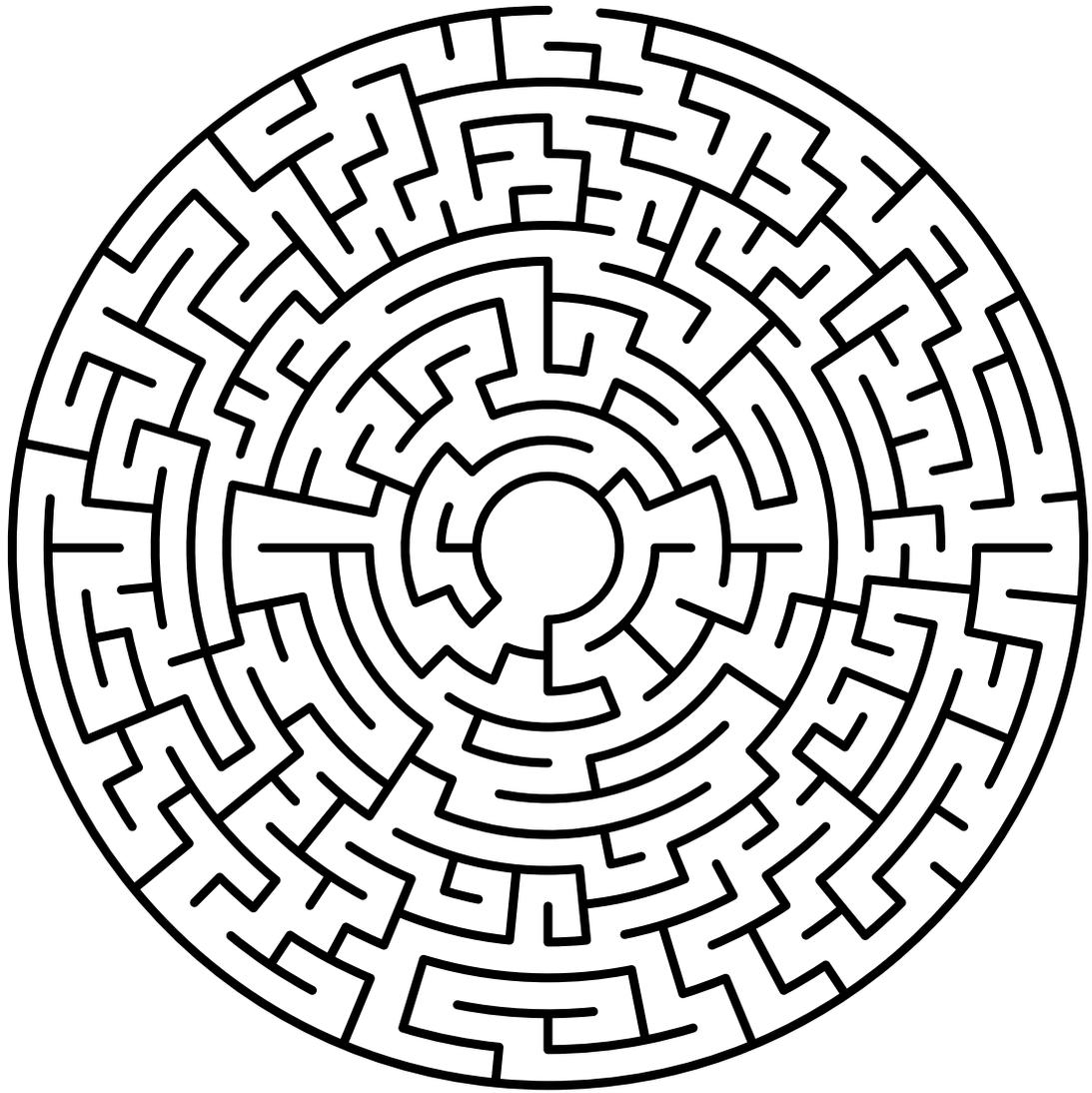


# Find the way out!

Can you guide yourself through the maze to reach the exit without hitting any dead ends? Take your time and enjoy the challenge!

Looking for more mazes to solve? Scan the QR code to find more fun puzzles to try.







# MOOD TRACKER

“Feelings are much like waves; we can’t stop them from coming, but we can choose which ones to surf” (Jonatan Mårtensson)

Each day, reflect on your mood and mark the matching color.

Notice patterns and take care of your emotions!

Use the key to track your emotions throughout the month:

The mood tracker consists of 31 numbered circles arranged in a roughly circular pattern. A key to the right of the circles identifies five emotions with colored checkmarks:

- Sad**: Red checkmark
- Stressed**: Black checkmark
- Happy**: Blue checkmark
- Calm**: Green checkmark
- Energetic**: Purple checkmark

The numbered circles are arranged as follows:

- 1 (top)
- 2, 3, 4 (second row)
- 5 (third row)
- 6 (fourth row)
- 7 (fifth row)
- 8 (sixth row)
- 9 (seventh row)
- 10 (eighth row)
- 11 (ninth row)
- 12, 13 (tenth row)
- 14, 15 (eleventh row)
- 16, 17 (twelfth row)
- 18 (thirteenth row)
- 19, 20 (fourteenth row)
- 21 (fifteenth row)
- 22, 23 (sixteenth row)
- 24, 25 (seventeenth row)
- 26, 27 (eighteenth row)
- 28, 29 (nineteenth row)
- 30 (twentieth row)
- 31 (bottom)



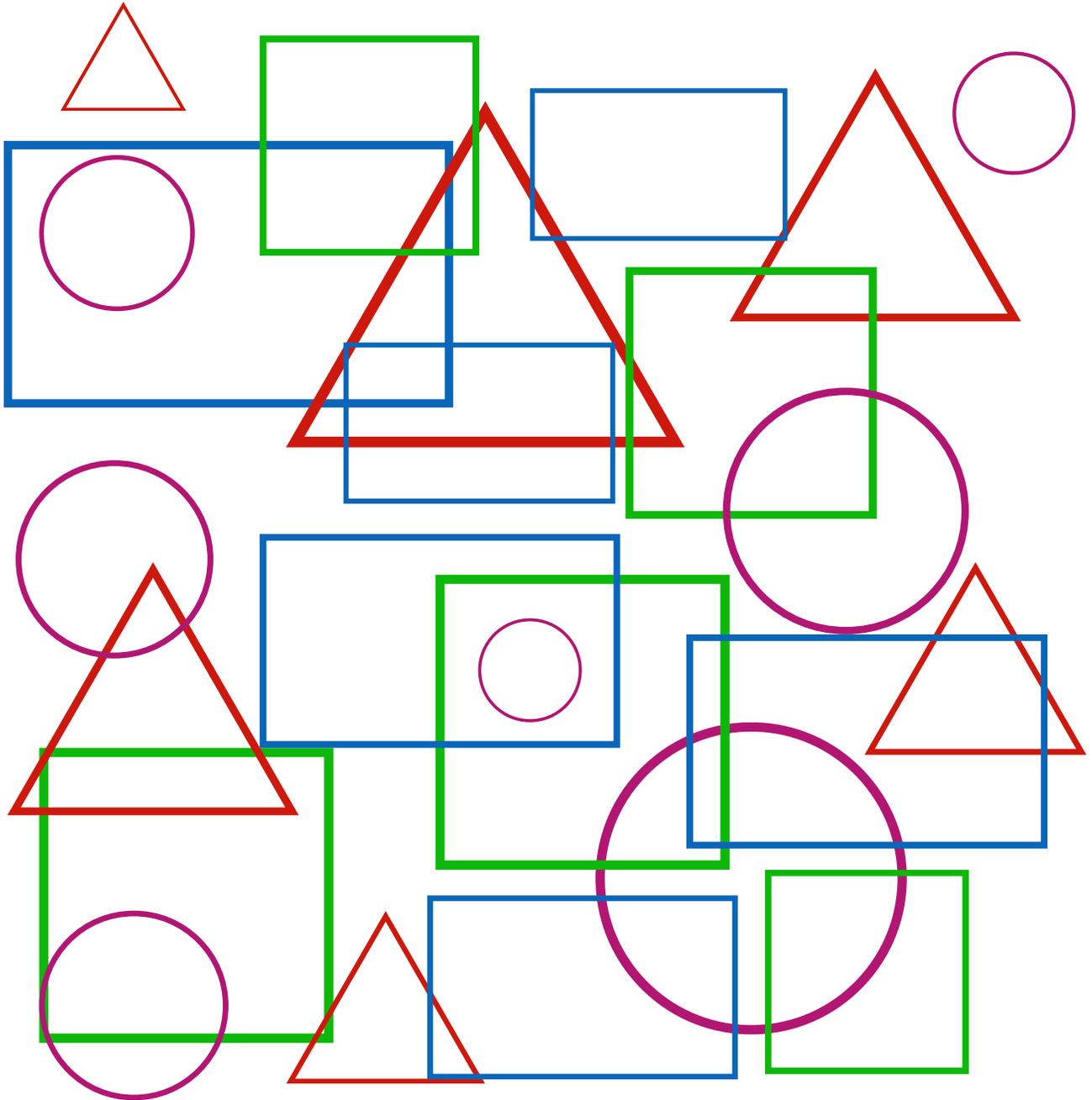


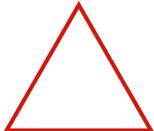




# Count and write

How many shapes are there? Count and write.







# MORNING ROUTINE

“How you start your day is how you live your day”

(Louise Hay)



This month, embrace a gentle and mindful morning routine. These simple steps will help you start your day feeling refreshed, energized, and ready to make the most of every moment:

- No phone for the first 30 minutes:  
give yourself a peaceful start without distractions
- Make your bed:  
start your day with a small sense of accomplishment
- Drink a glass of water:  
rehydrate your body after a night's rest
- Practice tapping points:  
relieve tension and boost energy (**scan QR code for a video tutorial**)
- Do gentle stretches or chair yoga for 5 minutes:  
wake up your muscles and improve circulation
- Take your medications or vitamins:  
stay on track with your health
- Enjoy breakfast with a warm drink:  
nourish your body for the day ahead
- Reflect on one thing you're grateful for or set a positive intention:  
start your day with a happy and calm mindset





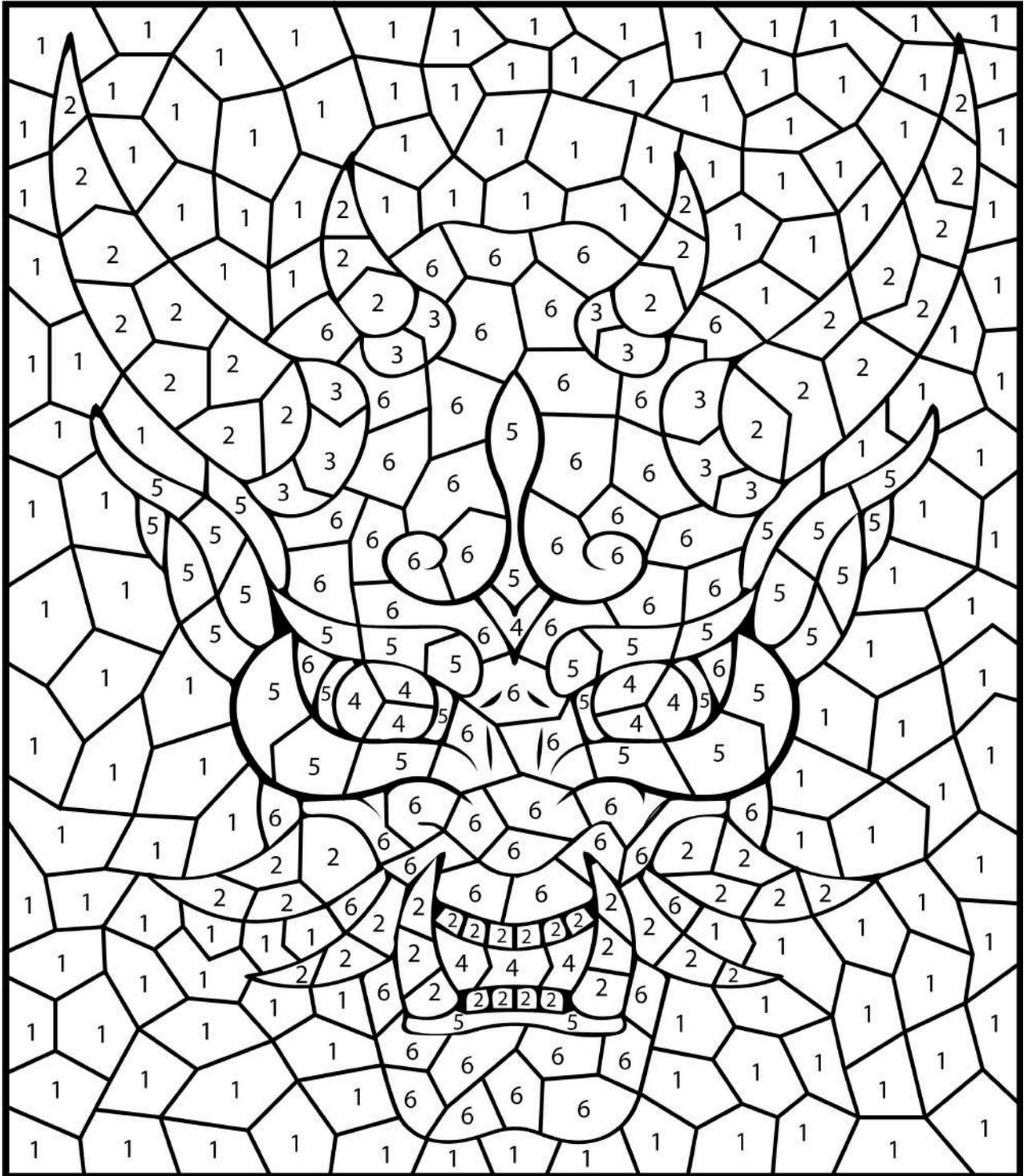






# Color by numbers

Match each number on the picture to the color guide below. Use the corresponding colors to fill in the spaces and watch the image come to life. Take your time, enjoy the process, and see your masterpiece unfold!



**1=LightPink**

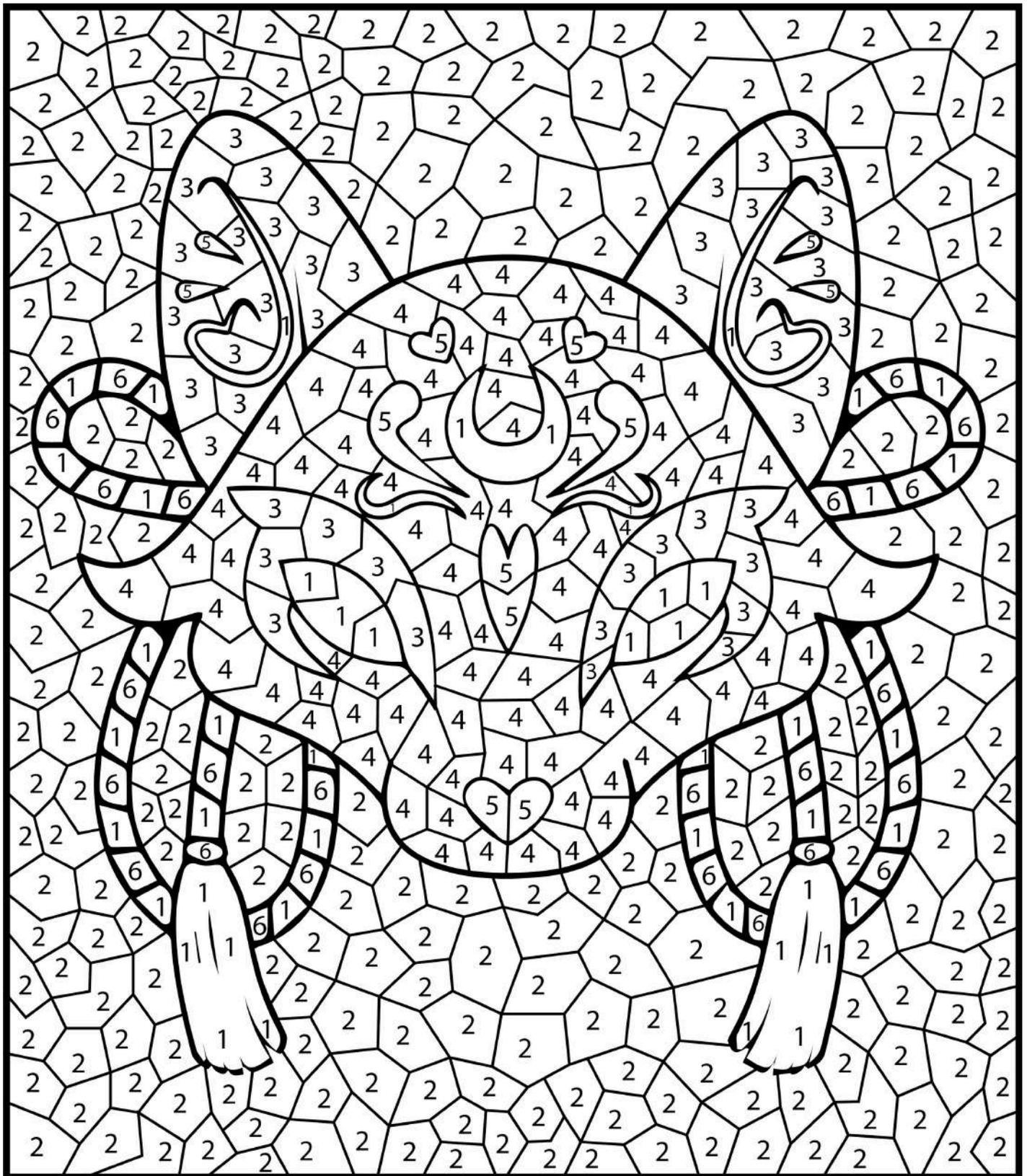
**2=Red**

**3=DarkRed**

**4=LightCyan**

**5=Gold**

**6=NavajoWhite**



**1=Red**

**2=SkyBlue**

**3=Peru**

**4=Orange**

**5=Pink**

**6=DarkRed**



# MY OWN HABITS TRACKER

“We are what we repeatedly do. Excellence, then, is not an act, but a habit” (Aristotle)

Write down up to 3 habits you want to track this month in the spaces provided next to the tracker. For each day you complete a habit, mark the corresponding segment of the circle (e.g., with a checkmark or a dot). At the end of the month, review your progress and reflect on how well you maintained your habits.

The image shows a circular habit tracker. It consists of a large outer ring divided into 31 segments, each labeled with a day of the month from 1 to 31. Inside this ring are three concentric rings, each representing a habit. The top habit ring is labeled with numbers 1 through 5. The middle habit ring is labeled with numbers 6 through 10. The bottom habit ring is labeled with numbers 11 through 15. The remaining habit slots are unlabeled. Each segment of the outer ring is connected to the corresponding habit rings by thin lines, creating a grid of cells for tracking progress. There are three horizontal lines extending from the left side of the circle, corresponding to the three habit slots, intended for writing the names of the habits to be tracked.





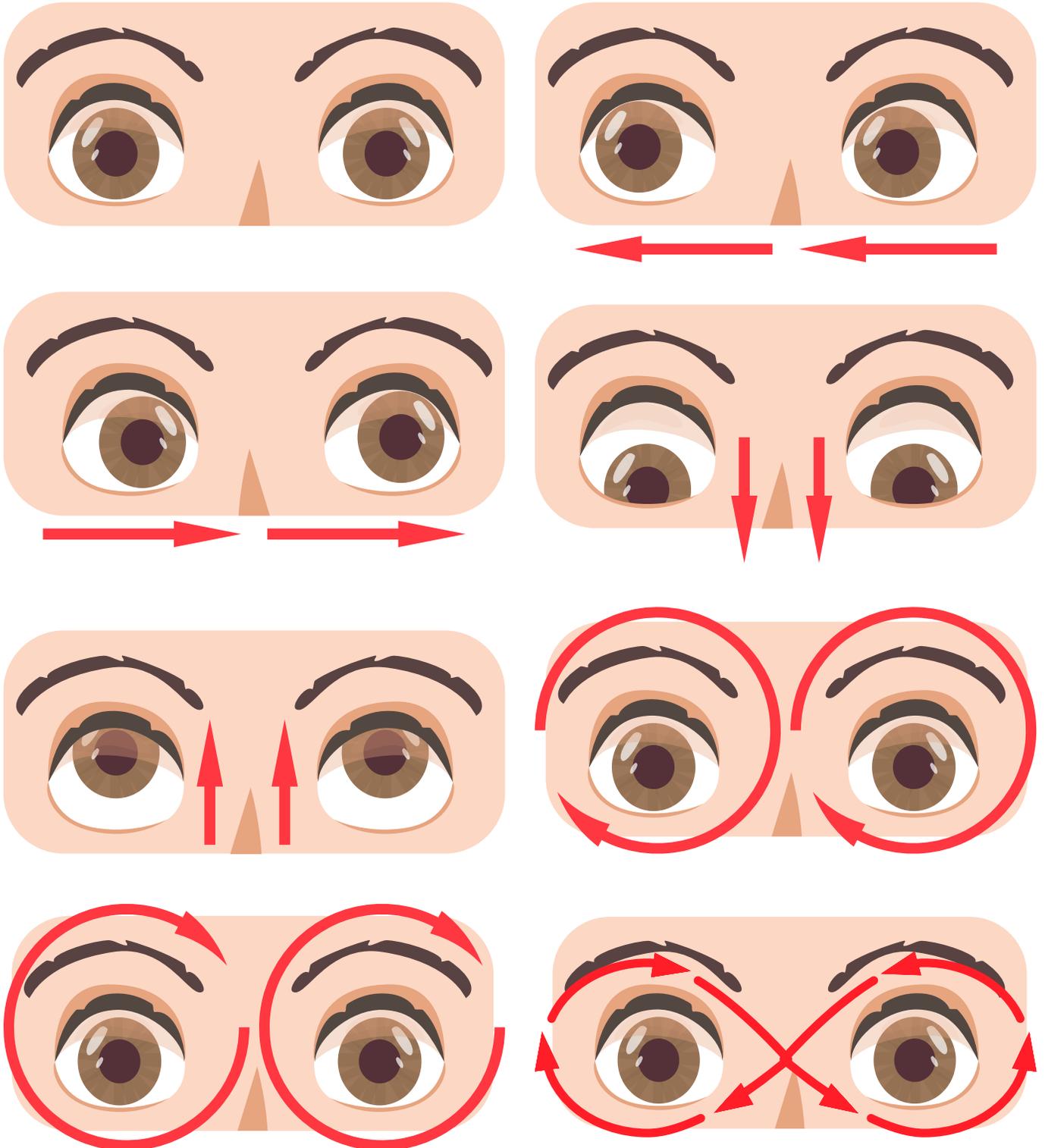




## Eye excercises

1. Move your eyes left to right and back again.
2. Move your eyes up and down.
3. Shift your gaze diagonally in both directions.
4. Roll your eyes in circles, first clockwise, then counterclockwise.
5. Trace figure eights with your eyes in both directions.

Repeat each exercise 5–10 times. Follow the arrows in the image to guide you. Take breaks if needed.



# Mental health and wellbeing

## 1 minute somatic release

Description: Unclench Your jaw, loosening it. Let Your tongue touch lightly the roof of Your mouth. Breathe slowly through Your nose. Shake out Your hands 10 times, letting the muscles relax fully, with loose shoulders, elbows and wrists. Drop Your shoulders away from Your ears. Move Your eyes side to side 10 times. Stick Your tongue out and exhale, then inhale through Your nose. Repeat 10 times. Take 3 really slow and deep breaths.

## Releasing anxiety stored in the body:

Description:

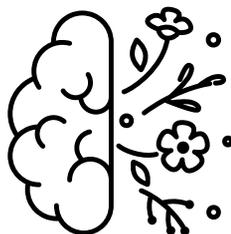
- Forehead: relax the area between Your eyes and above Your eyebrows.
- Jaw: open and close Your mouth, then shift left and right.
- Neck: nod Yes and No. Make slow circles with Your head.
- Shoulders: drop and roll Your shoulders away from Your ears.
- Chest: place hand on chest and breathe deeply.
- Stomach: relax tension in abs by swaying arms back and forth.
- Hands: close into a fist, then release by spreading fingers.

## Breath of Light

Description: imagine that with each inhalation you inhale light, which penetrates into all cells of your body. As you exhale, imagine the light gently "spreading" through your body, filling it with warmth. Repeat for 9 slow breaths, each breath for one color of the rainbow, starting and ending with white light.

## Self-holding for safety

Description: Use when overwhelmed, over-activated or overstimulated. Place one hand on Your forehead and one on Your heart. Feel the warmth of Your hands make contact with Your body. Breathe slowly, feeling the movement of Your chest, until You have the feeling of "enough".

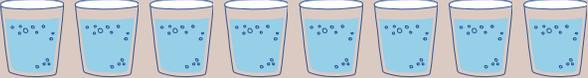
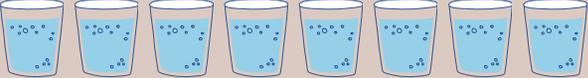
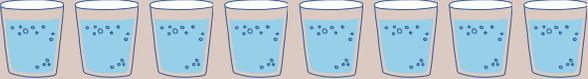
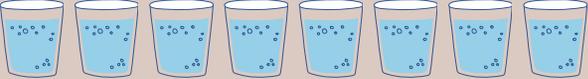
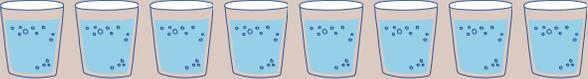
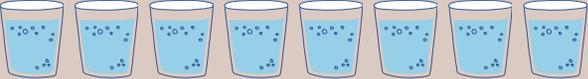
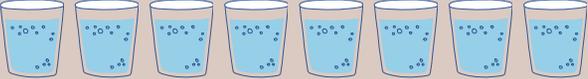
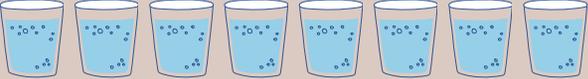
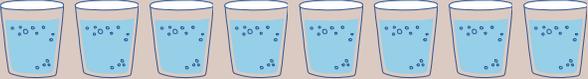
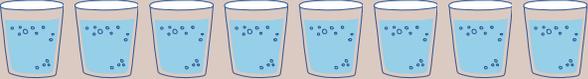
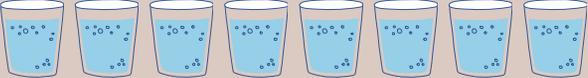
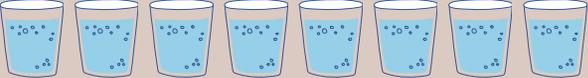
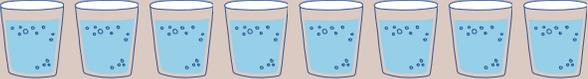
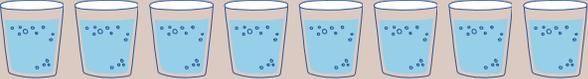
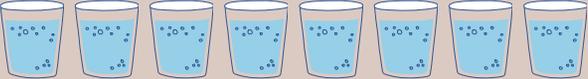
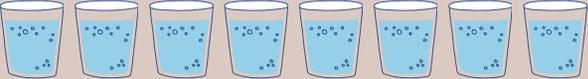
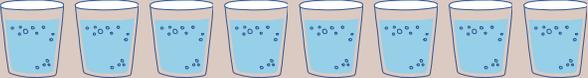
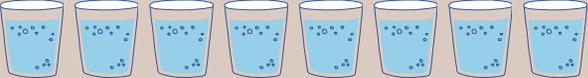
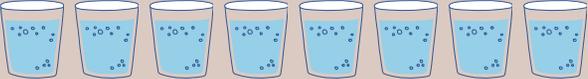
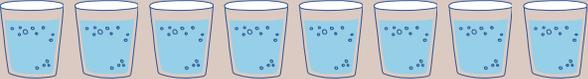
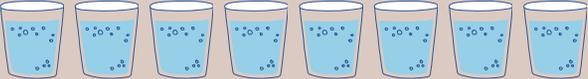
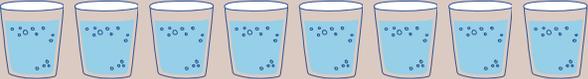
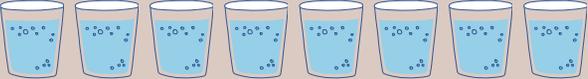
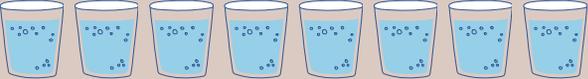
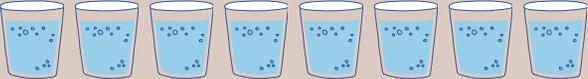
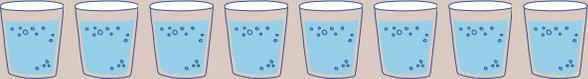
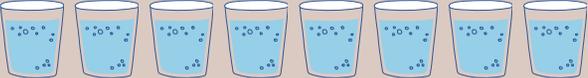
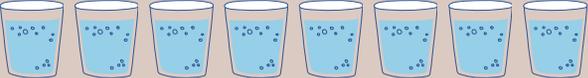
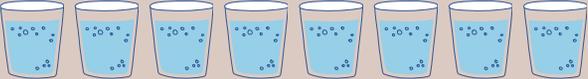
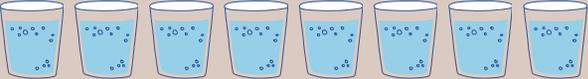




# 30-DAYS HYDRATION CHALLENGE

“Water is the driving force of all nature”  
(Leonardo da Vinci)

This month aim to drink the recommended number of glasses of water each day. After finishing a glass, check off or mark the corresponding icon for that day. Track your progress throughout the month and notice how staying hydrated improves your energy and well-being.

1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	







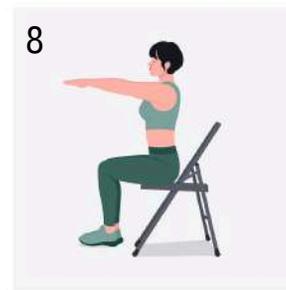
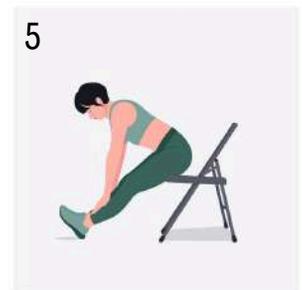
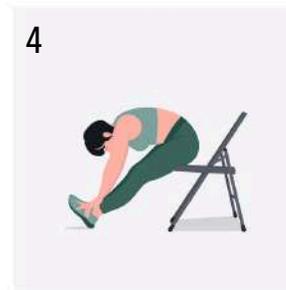


# Chair exercises

1. Sit straight: keep your back straight and stretch both legs forward.
2. Stretch arms: reach your arms forward in front of you.
3. Round your back: gently curve your back, like a stretching cat.
4. Reach to ankles: bend forward and reach toward your ankles.
5. Straighten back: sit upright again with a straight back.
6. Lift legs: lift both legs off the ground together.
7. Pull knees in: pull both knees toward your chest, holding them briefly.
8. Relax legs and stretch arms: lower your legs and stretch your arms forward again.
9. Alternate knee lifts: pull one knee toward your chest, then the other.
10. Relax legs: stretch your legs forward and relax them.
11. Gentle bend: lean toward your ankles to relax your back.
12. Raise one arm: lift one arm up toward the ceiling.
13. Side stretch: lean to the opposite side, switch arms, and repeat.

## Reminder:

Repeat each exercise 5–10 times. If something feels uncomfortable or is hard to do, skip it and move to the next exercise.



# Physical wellness and flexibility

## Indoor "hiking"

Description: Walk in place, imagining that you are walking along a path in a beautiful forest. While taking steps on the spot, "look around" as if you are admiring nature. Turn your head and shoulders slightly to the sides as if "looking at the trees". Bend down to the levels of Your knees and "pick berries". Bend down to the floor and "pick mushrooms". Stretch upwards and "pick pinecones". Do this for 10 minutes, alternating movements.





# SELF LOVE MONTHLY FOCUS

*“You yourself, as much as anybody in the entire universe, deserve your love and affection” (Buddha)*

Fill this out to reflect on self-love and set intentions for the month.

What is my priority for this month?

What brings me joy that I want to do more of?

A kind reminder to myself:

One small change I want to make this month:

How can I show myself love every day?

Things I want to keep doing:

Things I want to stop doing:







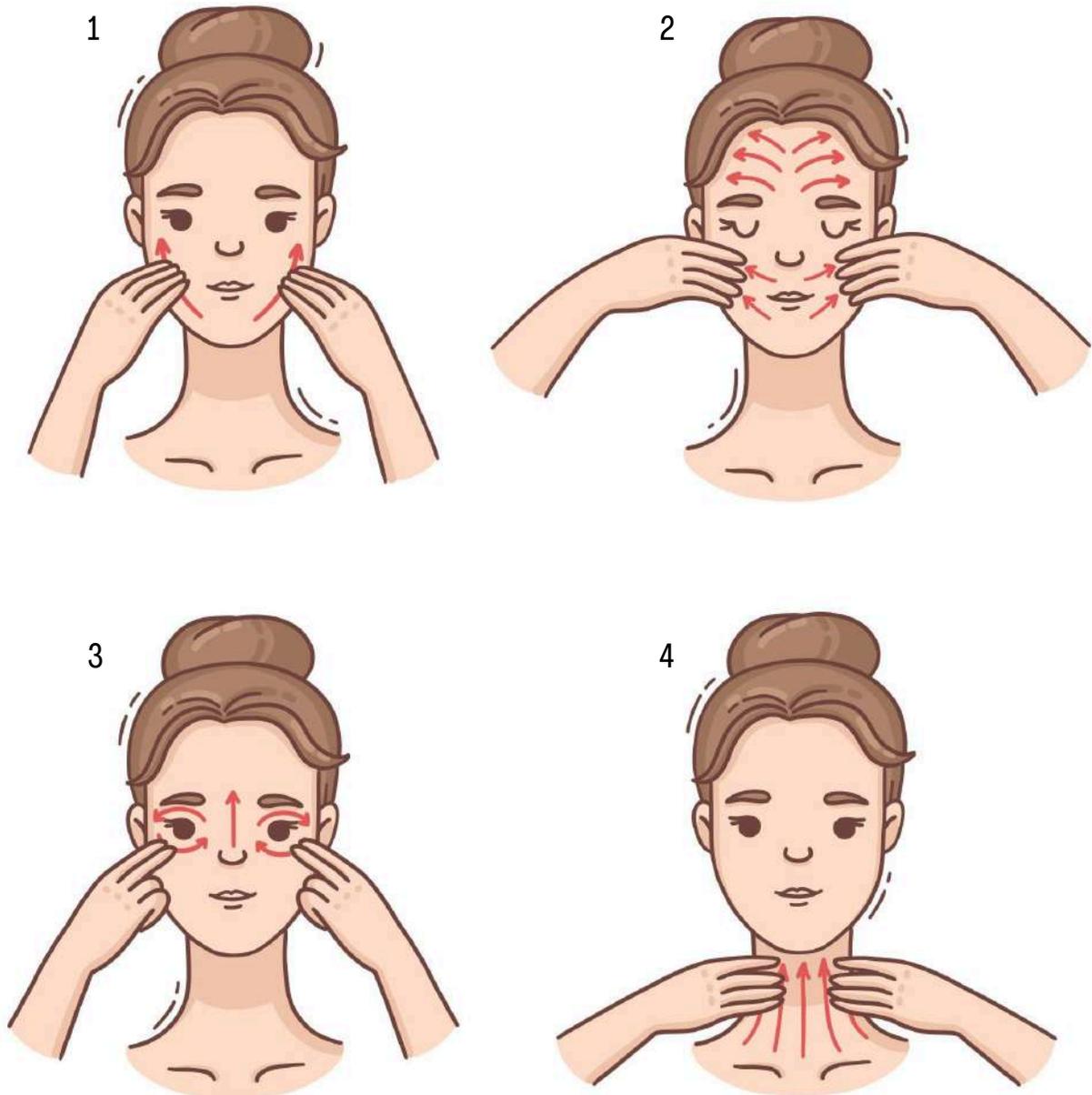


# Facial massage

Refresh and relax your skin with these gentle steps:

1. Cheeks: gently massage your cheeks in upward motions using your fingertips.
2. Full face: using both hands, glide your fingertips upward and outward over your entire face, starting from the center (near your nose) and moving toward the hairline.
3. Eyes: start at the outer corner of your eyes and gently circle around toward the inner corner, moving along the brow and under the eye.
4. Neck: glide your fingers upward from the base of your neck toward your chin in long, gentle strokes.

Tip: apply a small amount of moisturizer or facial oil before starting to ensure smooth movements and protect your skin. Repeat each step 5–10 times with light pressure for the best results.



# Activating “happy chemicals”

## Endorphin - the “pain killer”

- Watch a comedy
- Eat chocolate
- Exercise outdoors

## Dopamine - the reward chemical

- Complete a task
- Eat good food
- Celebrate your success, no matter how small

## Oxitocin - the love hormone

- Hold hands with a loved one
- Hug someone
- Give someone a compliment

## Serotonin - the mood stabilizer

- Meditation
- Walk in nature
- Spend time in sunlight















# Memory and mental agility activities

## Memory list

Description: Make a list of 5-10 products or items (e.g. shopping items, or tasks for the day/week). Spend 5-10 minutes memorising it. After 30 minutes, rewrite the list from memory. Check what you missed, and add the missing items to the new list. Repeat after 1 hour.

## Who's Who

Description: Take out that box of old photographs of friends or relatives, and try to remember when and under what circumstances the pictures were taken. Recall what conversations or events accompanied that moment. Choose one, place it on the planner page with some sticky tape, then write a few sentences about the photo.

## Travelling around the house

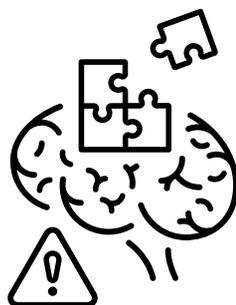
Description: Close your eyes and mentally walk through one room of your house (not the one you are in), remembering what is in each corner, on each shelf. Try to remember details: the colour of the walls, the arrangement of the furniture, the items on the shelves, details of pictures on the walls. Then go to the room and check your success.

## Alphabet of friends and relatives

Description: Try to remember one familiar person for each letter of the alphabet. For example, A for Anna, B for Boris, and so on.

## Letter to yourself

Description: Write a short letter in which you tell about your thoughts and plans for the next month. After a few weeks, reread it and try to remember what has come true and what thoughts are still relevant.



## Switch it up

Description: Use your non-dominant hand to complete small tasks you'd normally do with your dominant hand, such as brushing your teeth, using Your phone, or eating.

## Count backwards

Description: Count backwards from 100 by subtracting 3, then 4, then 7.

## Brain yoga

Description: Make a fist with your right hand and raise your thumb. Hold this position. Then, make a fist with your left hand and extend your pinkie finger. Now try alternating between each hand.





# BLOOD PRESSURE LOG

This month, focus on tracking your blood pressure daily—it's essential for understanding your health and sharing accurate information with your doctor.

day	time	systolic (upper)	diastolic (lower)	heart rate	notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					









# Foods for health

## Bone health

- Dairy products: milk, yoghurt, and Grana-type cheeses are rich in calcium, essential for strong bones.
- Green leafy vegetables: spinach, kale, and broccoli provide calcium, vitamin K, and essential minerals.
- Fish: salmon, tuna, and sardines offer vitamin D and omega-3, vital for bone health and easy to absorb.
- Legumes: beans, chickpeas, and lentils are excellent sources of calcium, iron, and bone-strengthening nutrients.
- Nuts and seeds: almonds, Brazil nuts, and sesame seeds supply calcium and magnesium



## Eye health

- Carrots: packed with beta-carotene (vitamin A precursor), essential for vision. Include yellow-orange fruits and vegetables like carrots, pumpkin, and apricots.
- Vitamin C-rich foods: citrus fruits, strawberries, kiwis, tomatoes, and green leafy vegetables.
- Bioflavonoid-rich foods: Berries (blueberries, blackberries, raspberries) and red-purple fruits protect eye microcirculation.
- Omega-3 and vitamin E: found in oily fish (tuna, salmon) and nuts, they maintain eye integrity.
- Green leafy vegetables: spinach and kale are rich in lutein and zeaxanthin for eye health.
- Antioxidant minerals: zinc, selenium, copper, and manganese are in whole grains, seafood, eggs, almonds, and chocolate.



## Joint health

- Oily fish: salmon and sardines, rich in omega-3, reduce inflammation and joint pain.
- Fruit and vegetables: cherries, pineapple, and cruciferous vegetables (broccoli, cabbage) offer antioxidants and vitamins to combat inflammation.
- Vegetable oils: extra virgin olive oil provides natural antioxidants and healthy lipids; limit animal fats like butter and cream.
- Legumes: lentils and beans are high in fibre and protein, supporting joint health.



## Brain function



- Walnuts: rich in omega-3 and antioxidants, walnuts protect brain function and are a great source of vitamin E. Other sources include almonds, cashews, hazelnuts, green leafy vegetables, sesame seeds, flaxseeds, sunflower seeds, eggs, and whole grains.
- Essential fatty acids: these must be obtained through diet. Omega-3 fats (EPA and DHA) are found in fatty fish like salmon, trout, mackerel, herring, and sardines. Plant sources include flaxseed, soya beans, pumpkin seeds, and walnuts. These fats are vital for brain, heart, and joint health.
- Fruits: bananas, oranges, and blueberries enhance short-term memory. Dark red and purple fruits (grapes, cherries, blackberries) contain protective compounds. Oranges reduce stress and anxiety, while vitamin C supports brain health and may help prevent dementia.
- Whole grains: Unrefined whole grains like oats, barley, spelt, and millet improve concentration by slowly releasing glucose, keeping the mind active.

## Heart health

- Whole grains: oats, brown rice, and other whole grains lower cholesterol and are rich in fibre.
- Legumes: Chickpeas, lentils, and beans provide protein, iron (lowers bad cholesterol), potassium (reduces blood pressure), and phosphorus (supports muscles, including the heart).
- Fruit: apples, berries, citrus fruits, and mangoes are rich in antioxidants and fibre, helping manage cholesterol and blood pressure.
- Vegetables: leafy greens like spinach, cabbage, and rocket are rich in vitamin K and nitrates, which reduce blood pressure, protect arteries, and improve blood vessel health.
- Nuts and seeds: walnuts, hazelnuts, and chia seeds provide omega-3s and vitamin E, which support heart health by reducing blood pressure and bad cholesterol.















# Mindful scavenger hunt

We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1

Notice the weather: is it sunny or cloudy? How does the air feel on your skin – warm, cool, or breezy?

2

Find a tree or plant: gently touch its bark or leaves. What texture do they have?

3

Smell a flower or herb: what does its scent remind you of?

4

Observe a small creature: watch a bird, bug, or squirrel without disturbing it.

5

Listen to the sounds around you: can you hear birds, leaves rustling, or distant voices?

6

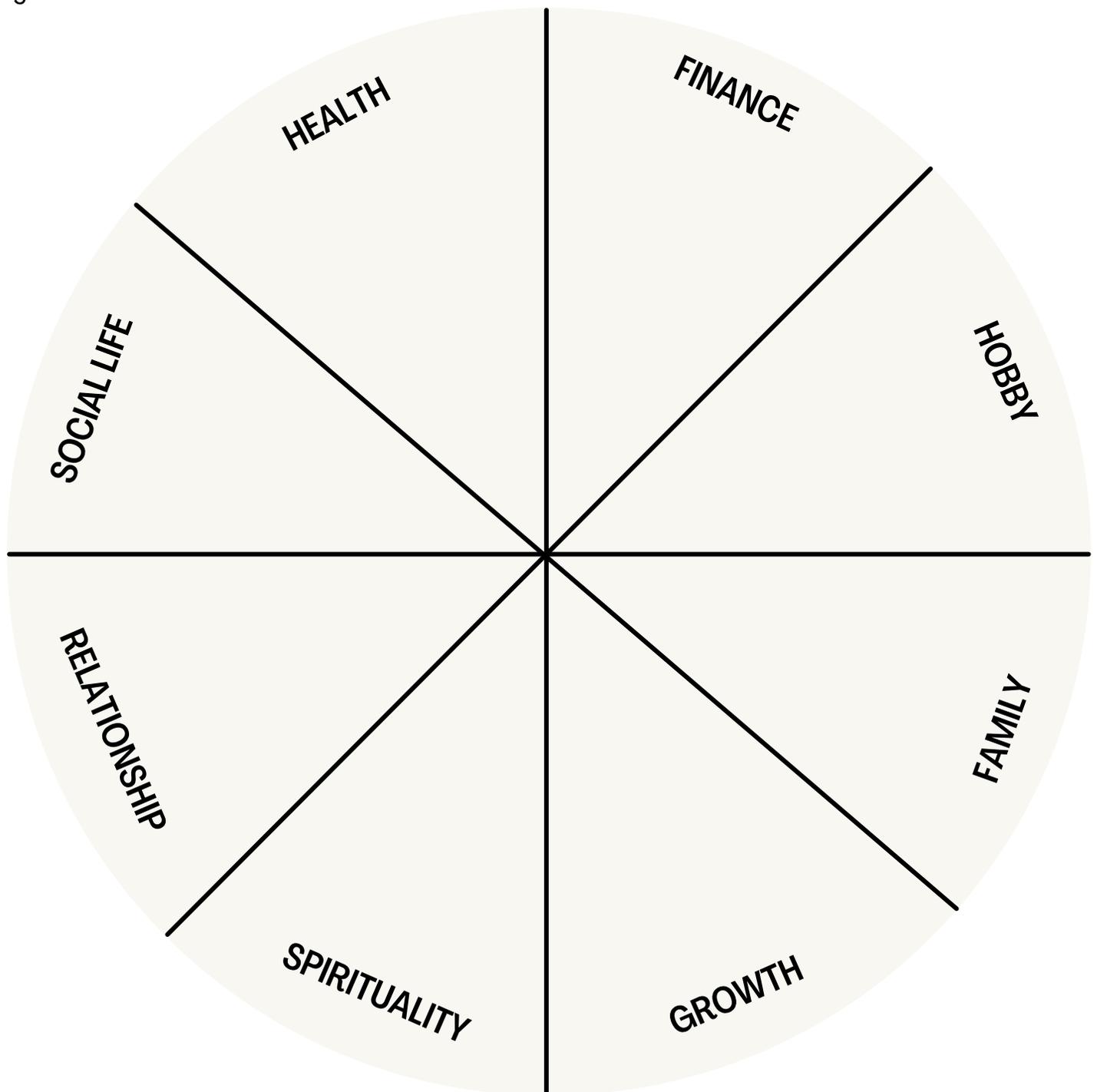
Find natural treasures: look for a leaf, a smooth rock, or a flower petal. How many interesting shapes can you find?

7

Sit or rest outside: feel the earth beneath you – is it soft or firm? Look up at the sky. What shapes or colors do you notice?

# Wheel of life

1. For each area of the wheel (e.g., Health, Relationships, Hobbies), color in the segment outward from the center to show your level of satisfaction:
    - closer to the center = lower satisfaction.
    - closer to the outer edge = higher satisfaction.
  2. Color as much of each segment as matches your satisfaction level.
  3. Look at the completed wheel: Is it balanced, or are there areas where you'd like to improve?
- Use this as a tool to reflect on your well-being and explore ways to bring more balance and joy into your life.





# 30-DAY MEMORY & MIND CHALLENGE

*"Memory is the diary we all carry about with us." (Oscar Wilde)*

Each day, challenge your brain with a small memory or thinking exercise. Stay sharp and enjoy the journey!



Name 3 childhood friends



Recall a favorite family tradition



Describe a place you loved visiting



Memorize 5 new words and recall them later



Try writing with your non-dominant hand



Close your eyes - list 5 sounds you hear



Count backward from 100 by 7s



Recall the first home you lived in



Look at an old photo - describe the details



Solve a simple math problem in your head



Name 3 things you're grateful for today



Try saying the alphabet backward



Picture your childhood bedroom - what was inside?



Learn a new fact and share it



Recall a favorite childhood meal



Name as many animals as you can in 1 minute



Count how many red objects you see around you



Picture your perfect vacation - describe it



Close your eyes and imagine a favorite smell



Name 5 things that made you smile this week



Spell a word backward in your head



Recall a happy memory from school



Describe your first job or hobby



Name 3 songs from your youth



Try memorizing a short poem or quote



Picture your favorite childhood game - describe it



Think of a joke or funny moment from the past



Name 3 historical events you remember



Count to 50, clapping instead of every 5th number



Reflect: What was your favorite challenge?









# Recipes for health

## Bone health - Spinach, salmon and walnut salad

### Ingredients:

- 200 g fresh spinach
- 150 g smoked salmon
- 50 g walnuts (or Brazil nuts)
- 50 g Grana cheese (grated or flaked)
- 1 tablespoon sesame seeds
- Lemon juice (to taste)
- Extra virgin olive oil
- Salt and pepper to taste

### Preparation:

1. Preparing the Spinach: wash the spinach well and dry it, place it in a large bowl.
2. Add the salmon: cut the smoked salmon into strips and add it to the spinach.
3. Incorporate the walnuts: coarsely chop the walnuts and add them to the salad.
4. Cheese and seeds: add grated or flaked Grana cheese and sesame seeds.
5. Dressing: season with olive oil, lemon juice, salt and pepper to taste. Stir gently.
6. Serving: serve immediately as a main dish or side dish.

## Eye health - Carrot and Spinach Risotto

### Preparation:

1. Prepare the vegetables - peel and dice carrots, wash and chop spinach, finely chop onion.
2. Cook the risotto - heat olive oil in a pan, fry onion until transparent. Add carrots, cook for 5 minutes, then add rice and toast for a few minutes.
3. Add stock - gradually add hot vegetable stock, one ladle at a time, stirring frequently.
4. Incorporate spinach - add spinach 5 minutes before the end and stir until wilted.
5. Finish (Mantecatura) - remove from heat, mix in Parmesan, season with salt and pepper.
6. Serve - enjoy hot, garnished with fresh parsley.

### Ingredients:

- 300 g of Arborio rice
- 2 medium carrots
- 150 g fresh spinach
- 1 small onion
- 1 litre of vegetable stock
- 100 g grated Parmesan cheese
- 2 tablespoons of extra virgin olive oil
- Salt and pepper to taste
- Fresh parsley (for garnish)

## Brain function - Spelt salad with walnuts, spinach and oranges

### Ingredients:

- 250 g spelt
- 100 g walnuts
- 150 g fresh spinach
- 2 oranges (one for juice and one in segments)
- 1 small red onion
- 4 tablespoons of extra virgin olive oil
- Salt and pepper to taste
- Sesame seeds (optional, for garnish)

### Preparation:

1. Cooking the spelt: cook the spelt in salted water according to the instructions on the packet. Drain and leave to cool.
2. Preparation of the vegetables: Wash the spinach and roughly chop it. Finely slice the red onion.
3. To prepare the salad: In a large bowl, combine the cooked spelt, spinach, chopped walnuts and sliced onion. Add the orange segments, taking care not to break them.
4. Dressing: in a small bowl, mix the juice of one orange with extra virgin olive oil. Season with salt and pepper.
5. Pour the dressing over the salad and stir gently to mix the ingredients.
6. Serving: serve the salad at room temperature, garnished with sesame seeds if desired.

## Joint Health - Baked sardines with broccoli

### Preparation:

1. Prepare the broccoli: bring a pot of salted water to a boil. Cook broccoli for 5-7 minutes, until tender but still crisp. Drain and set aside.
2. Prepare the sardines: preheat the oven to 180°C (350°F). In a baking dish, arrange the open sardines. Season them with oil, lemon juice, garlic, salt, and pepper. If desired, sprinkle some breadcrumbs over the sardines for a crispy crust.
3. Bake: place the pan in the oven and bake for about 15 to 20 minutes, until the sardines are cooked and lightly browned.
4. Serve: arrange the sardines on a plate and accompany them with the broccoli. Add a drizzle of oil and a little lemon juice, if desired.

### Ingredients:

- 4 fresh sardines (cleaned and opened by the book)
- 300 g broccoli
- 3 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 2 cloves of garlic (minced)
- Salt and pepper to taste
- Breadcrumbs (optional)

## Heart Health - Lentil and whole grain soup

### Ingredients

- 200 g lentils (preferably green or brown)
- 100 g brown rice
- 1 carrot (chopped)
- 1 onion (chopped)
- 1 celery stalk (chopped)
- 2 cloves of garlic (minced)
- 1 liter of vegetable broth
- 3 tablespoons extra virgin olive oil
- Salt and pepper to taste
- Fresh parsley (for garnish)
- Lemon (optional, for serving)

### Preparation:

1. Prepare the lentils: rinse the lentils under running water and set aside.
2. Sauté the vegetables: in a large pot, heat the extra virgin olive oil over medium heat. Add the onion, carrot, and celery. Sauté for about 5 minutes, until the vegetables are soft. Add the garlic and cook for another minute.
3. Cook the soup: add the lentils and brown rice to the pot. Pour in the vegetable broth and bring to a boil. Reduce the heat and simmer for about 30-40 minutes, until the lentils and rice are tender. Add salt and pepper to taste.
4. Serving: serve the soup hot, garnished with fresh chopped parsley. If desired, add a squeeze of lemon juice for a fresh touch.

