



Longevity Blueprint- Journal

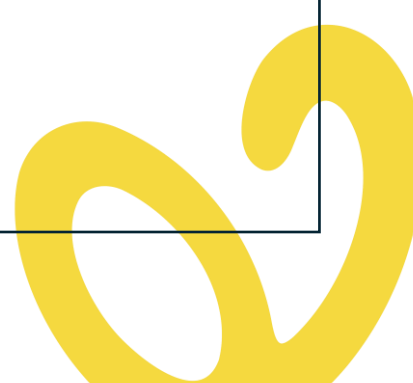
Intro: Welcome to the Program

SUMMARY

1. Longevity is built on **four pillars**:
 - Nutrition
 - Exercise
 - Lifestyle, and
 - Mindset
2. Progress happens through learning, practicing, repeating, and gradually adding layers of changes.
3. Success starts with clarity: identify your “**why**,” take action, and track your progress daily.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

Download the 90 day Road map sheet: [90 Days](#)

Ask yourself:

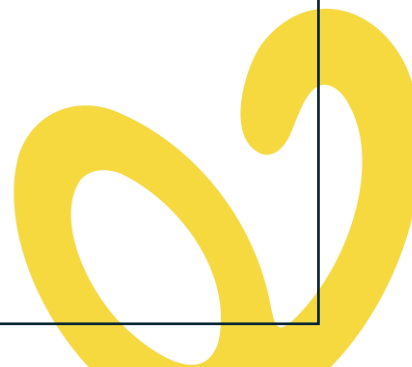
1. **What is your “why”?**

(Why are you here? What is driving you to take this health journey?)

2. **What are you hoping to gain from this course?**

(E.g., knowledge, adoption, and actions to living longer, improve health, better habits, prevent disease, etc.)

3. **Who are you taking this program for?***(Yourself, your family, your children, etc.)*





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4. Now set your intention for this course in one clear sentence:

5. Now summarize this intention in one clear word and firmly state it out loud:

(For instance: Sentence is *"I would like to increase my energy levels and feel finally as good as i used to 5 years ago."* Word: ENERGIZE!)

6. Are you ready to commit to changing some of your habits and patterns over the course of the next 4 weeks (cross and say your answer out loud)?

7. Cross your motivation level (where 1 is very low and 10 is very high)

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

REMINDER:

REMINDER: JOIN YOUR TRIBE

Make sure to join the Tribe introduce yourself and share your goals/ progress.





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Week 1 : Pillar NUTRITION

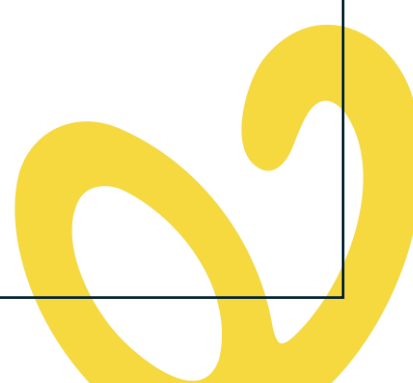
Lesson 1: Fundamentals

SUMMARY

1. Longevity includes both **lifespan** (how long we live) and **health span** (how healthy we live those years).
2. Rapid lifestyle changes over the last three centuries have contributed to rising health issues, including digestive problems, diabetes, cancer, and mental health disorders.
3. **Epigenetics** teaches us that our genes are not our destiny. Our environment, lifestyle, and choices play a key role in turning genes "on" or "off."

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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ACTION POINTS

Define Your Baseline

Each one of us has a unique body and lifestyle, doing a qualitative assessment will enable you to know where you currently stand, define your goals, and at the end of the program re-evaluate and observe improvements.

Fill out the assessment below:

1. Energy levels: how do you feel generally 1-10? (Where 1 is the lowest and 10 is the highest)

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

2. Rate where you believe you stand v/s your ideal goal on the 4 pillars of health and longevity from 1 to 10 depending on which of them you believe you need to work more on (with 1 being the least you need to work on, and 10 being the highest):

- NUTRITION: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- EXERCISE : 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- LIFESTYLE: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- MINDSET: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10



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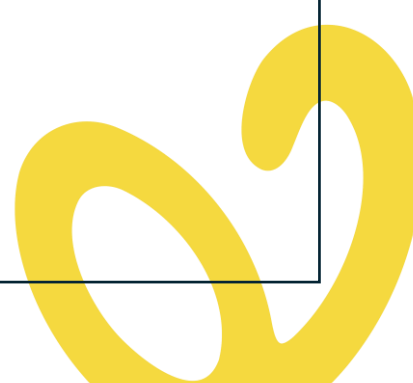
Lesson 2: What Foods to add and what to Avoid

SUMMARY

1. **Nutrition** is a complex field due to varying environments and individual needs. There is no one-size-fits-all solution, and we need to listen to our body's signals.
2. Avoid processed foods, **fried foods**, and **packaged items** containing preservatives, emulsifiers, additives, or artificial ingredients.
3. To promote gut health, focus on **fiber-rich**, **prebiotic foods**, and a variety of **colorful vegetables** to support a healthy microbiome and reduce inflammation.
4. Add things to avoid in the grocery

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





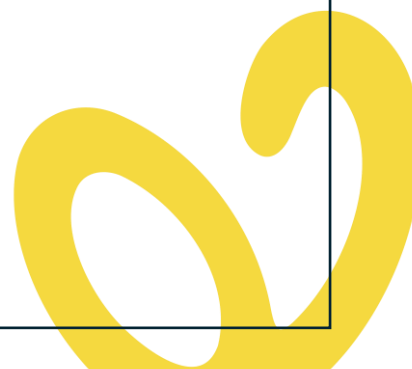
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ACTION POINTS

1. What things will you clean up from your fridge? Show images of things throwing out from the fridge

2. On your next grocery, do you commit to taking the time to read the ingredient labels of all the packaged foods that you want to buy and try to avoid the top 3 WORST INGREDIENTS: *sugars, seed oils, gluten*. List below of all their synonyms and what you usually buy that you will now avoid to help you more easily identify in your next shopping trip.

3. Additionally, do you commit to try to avoid as well all foods that have listed any artificial colourings or flavourings, emulsifiers, and preservatives? List below of all their synonyms and what you usually buy that you will now avoid to help you more easily identify in your next shopping trip.





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4. List down the gluten-free grains that you will look for while shopping.

5. How will you incorporate these gluten-free grains (e.g., rice, oats, quinoa, etc.) into your diet going forward?

6. Download the following [10 Day Sugar Reset](#) document (or find in the appendix of your workbook), print it and attach it on your fridge in order to learn which foods to have and which ones to avoid. It contains a detailed list of all foods, including gluten-free carbs and the list of sugar-free synonyms you want to avoid in your foods. There are some very interesting longevity tips around supplements and other pillars (lifestyle and sleep) that we will dive deeper in our following classes.





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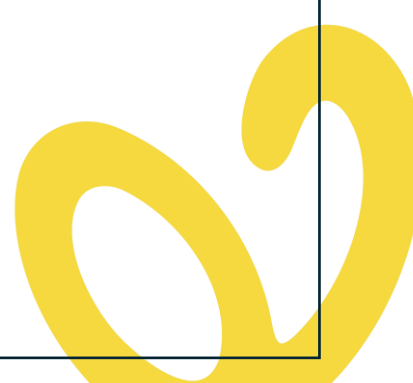
Lesson 3 – Understanding and implementing Supplements to your daily routine

SUMMARY

1. **Nutrition and Supplements Are Essential:** Modern food lacks the nutrients it once had, making supplements necessary to support overall health.
2. **Top 3 Lifelong Supplements:**
 - **Omega-3 (EPA & DHA)** supports cardiovascular and brain health.
 - **Magnesium Glycinate** aids in bone health and immune function.
 - **Vitamin D** helps maintain muscle, nerve function, and overall health.
3. Supplements like **B vitamins, Acetyl L-Carnitine, and CoQ10** improve energy production and mitochondrial function.
4. **Caution with New Supplements:** Focus on foundational supplements first before exploring newer ones like NAD+ or Spermidine.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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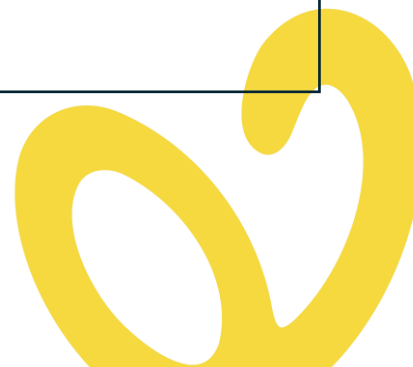
ACTION POINTS

1. Based on your body weight, calculate and write down how much hydration you need each day.

2. What is your plan for managing and reaching your hydration goals?

3. Which ones are the 3 fundamental supplements you can start integrating right now and have lifelong?

4. Which ones according to what we discussed do you think are other supplements you can try on a minimum of a 3 months course?





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5. Create a plan to stay on track with your hydration and supplement goals(you can also use 90-day roadmap sheet in the appendix below)

6. Please find here my [number 1 recommended supplement](#) that comes before all other supplements (use the link or find it in the appendix of the workbook). Why? Because its powerful ingredients help heal the inflammation at a cellular level and absorb better nutrients from foods and other supplements. I suggest to take a minimum course of 3 months ideally along with the easy test kit to measure your starting level (more about this in the *Self-Diagnosis Lesson 6*). This product is available worldwide.
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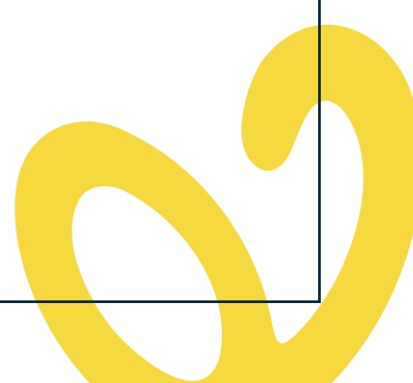
Lesson 4: Diet: breaking Myths, and learning Hacks

Summary

1. **No One-Size-Fits-All Diet:** Test what works best for your body instead of following trends.
2. **Support gut function** with varied nutrients and manage blood sugar for optimal health.
3. Use the "**FPC Method**" (Fats, Protein, Carbs) to control glucose spikes and focus on food quality over calorie counting.
4. Include raw vegetables at lunch, and cooked vegetables at dinner, and practice intermittent fasting for better digestion and detox.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. What diet myths have you uncovered that you previously believed?

2. Based on what you've learned, what diet works best for your body, and why?

3. What specific diet hacks will you start using to improve your health and from when?





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4. How will you make sure to incorporate these hacks into your daily life? Outline your plan. Make use of the 90-day roadmap in the appendix of the workbook

5. What is one common diet myth you now understand isn't true?





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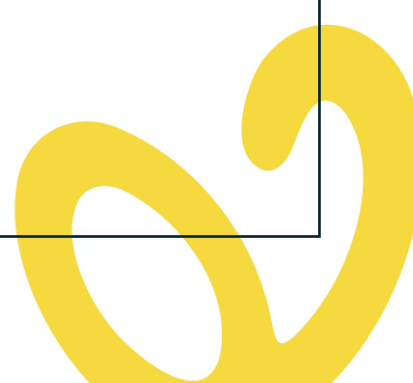
Lesson 5 - Self Diagnosis to keep your health in check

SUMMARY

1. Regular **bowel movements** (at least once daily) with soft consistency are key signs of a healthy gut. Irregularities may indicate gut dysbiosis or colon inflammation.
2. Conduct **routine tests**: stool, pap smears, mammograms, colonoscopies, and blood profiles (**vitamins, cholesterol, CRP, hormones, Omega 6:3**).
3. Daily **tongue scraping** removes harmful bacteria, improving oral and overall health. Swelling, discoloration, or coating may signal deficiencies or infections.
4. Use **rosemary oil** to detoxify and reintroduce good gut bacteria with fermented kefir. Avoid inflammatory foods like sugar and gluten during this period.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. What health tests have you missed recently (e.g., stool test, pap smear, mammogram, colonoscopy, blood profiles)? List them and plan when to book them.

2. What is one action you will start tomorrow to improve your health (e.g., tongue scraping, detox with rosemary oil, or avoiding inflammatory foods)?

3. Find here the list of the most important tests you can do with some links (accessibility varies upon the country):

Blood test:

1. Do-At-Home *Balance Test*: Measures the Omega 3 - 6 ratio to measure the inflammation levels in our body, how good we can absorb nutrients from food. It is crucial to understand the onset of any chronic inflammation (digestive issues, overweight, chronic fatigue, skin concerns, hormonal imbalance). The kit comes with a 3-month course of a BalanceOil, crucial to get rid of inflammation and improve nutrients' absorption: [Link here](#) (Worldwide)
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2. Do-At-Home *Valeo Full blood count test* that includes the below:
 - vitamins & minerals profile
 - Blood sugar profile
 - Iron profile, choloesterol profile
 - CRP (C-reactive protein)
 - Kidney, liver, thiroid profile
 - Hormonal profile (for Men: total testosterone, Sex Hormone Binding Globulin, Free Androgen Index. For Women: Follicle Stimulative Hormone, Prolactin, Estradiol, Progesteron). [Link here](#) (UAE residents)
3. *Epigenetic Test*. The test tells you: your biological age, rate of aging, and age of 11 key organ systems by looking at 75+ biomarkers. By routinely taking the test, you can measure the impact of lifestyle changes you make to improve your epigenetic health. [Link here](#)

Stool test:

1. Do-At-Home *Valeo Stool Test*: [Link here](#) (UAE residents)
 2. Do-At-Home *InSure Stool Test*: [Link here](#) (USA residents)
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Lesson 5 - Building your Nutrition Action Plan

SUMMARY:

1. A nutrient-dense **Buddha Bowl recipe** includes raw tuna, sautéed mushrooms, baked beetroot, sweet potatoes, crispy chickpeas, seeds, nuts, and adaptogens with olive oil dressing.
2. For optimal **digestion**, have cooked vegetables for dinner and raw vegetables or salad for lunch.
3. **Follow the plate ratio**: two-thirds vegetables, one-third protein, and small portions of healthy fats and fibers.
4. **Suggested breakfast options**: savory (eggs, mushrooms, spinach/tomatoes) or sweet (plant-based protein smoothie or Greek yogurt with nuts, seeds, berries, and superfoods like spirulina and matcha).

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

ACTION POINTS

1. Need more meal ideas and food combination tips? Download here this cheat sheet that will help you give variety to your meals and not make it boring. There's plenty of healthy nutritious and delicious food out there!
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[Download here the Meal Ideas PDF](#)

Week1: END OF THE WEEK WORKBOOK:

1. Reflect on your energy levels: On a scale of 1 to 10, how energetic do you feel at the end of this week?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2. Evaluate your progress on the 4 pillars: Rate each area from 1 to 10:

- NUTRITION: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- EXERCISE : 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- LIFESTYLE: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- MINDSET: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

3. Memory check: What are the 5 key takeaways you learned this week? Write them down and outline one actionable step you will take for each.

4. Add it to your 90 days Road-map in the appendix





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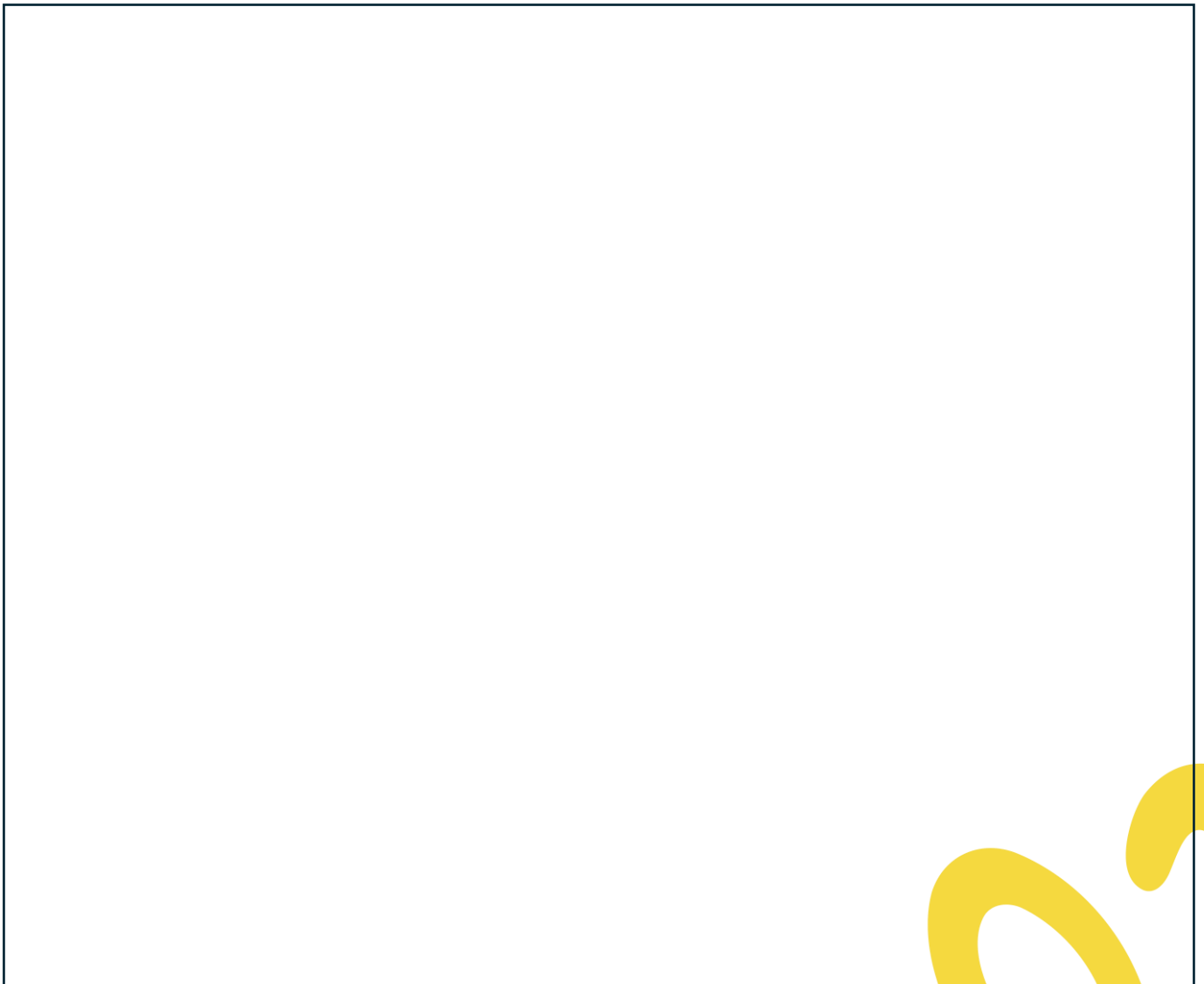
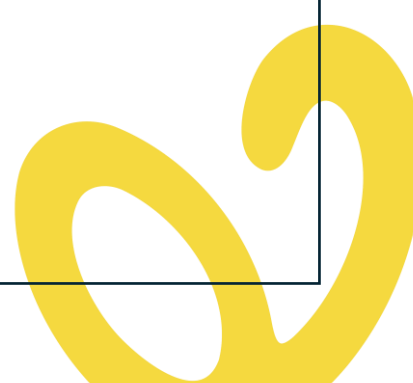
Week 2 : Exercise

LESSON 6 - THE IDEAL WORKOUT

1. To improve longevity, include **weight training, cardio, HIIT, and flexibility exercises**. Muscle mass and flexibility decline after age 30, so regular movement is crucial.
2. Aim for **3 weight/resistance sessions, 2-3 cardio sessions, and 2 flexibility workouts** per week. Sessions of 30-45 minutes are effective if done consistently.
3. Target **10,000 steps per day** to improve heart health, lower risks of cardiovascular events, and boost cognitive function.
4. Engage in **outdoor exercises** to reduce stress, enhance emotional well-being, and strengthen the immune system.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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ACTION POINTS:

1. Considering all types of training for longevity, what are the activities you are already doing / would be doing and at what frequency every week? (Remember to also add in your overall 90-day roadmap in the appendix)

- a. Cardiovascular activity (ie. run, walk, swim, jog, tennis, etc):

Activities: _____

Frequency: _____

- b. Muscular strength (ie. weights, pilates, box, etc):

Activities: _____

Frequency: _____

- c. Flexibility (yoga, tai chi, stretching, etc):

Activities: _____

Frequency: _____

Which one do you feel you are doing the most of the above and which one do you feel you can improve?

2. Remember that the easiest thing to add activity to your weekly movement is WALKING. Find some time each week (mornings, evenings, lunchtime) to go walk outdoors. Remember it doesn't need to be a lot, it needs to be consistent. Consistency creates habit, which in turn creates a new you. 1 walk at sunrise to reap most of the sun's benefits? Just 15 min walk after lunch to lower the meal glucose spike? Or half an hour evening walk to wind down your day, walk your dog and listen to your favorite podcast, the choice is yours. Lock that time in your calendar in order to create your habit stacking support.

Time and days in my calendar:



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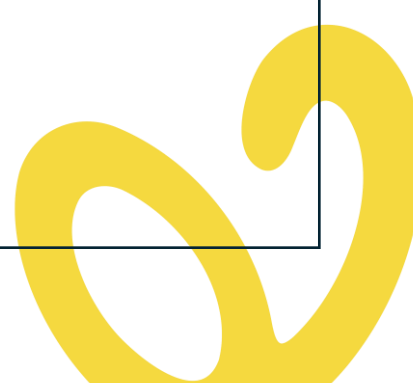
Lesson 7: How to Increase Your Lifespan

SUMMARY

1. **Lifespan Predictors:** Key metrics include **grip strength**, **VO2 max**, and **HRV**, which measure strength, cardiovascular health, and recovery ability.
2. Enhance grip strength with farmer's walks, dead hangs, and pull-ups; boost VO2 max with aerobic and HIIT exercises; maintain high HRV through balanced activity and recovery.
3. Use fitness devices to monitor VO2 max and HRV for insights into fitness, stress, and recovery.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





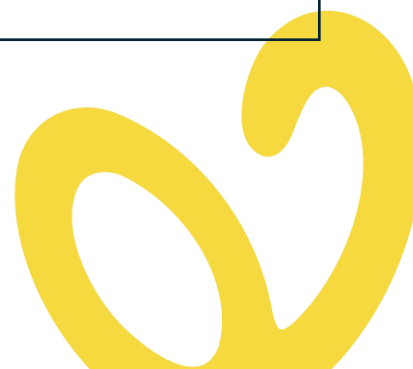
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ACTION POINTS

1. [Download](#) read and possibly print this *Protocol on how to increase VO2max and HRV*
2. What device will you use to measure your VO2 and HRV during exercise

3. Here is a Workout Strategy Example; [workout strategy guide](#)

How will you incorporate everything mentioned in the protocol it in your training regime? Remember it doesn't need to be a lot, it needs to be consistent over time. It can also just be few minutes at the end of your workout. (Also add in your overall 90-day roadmap in the appendix)





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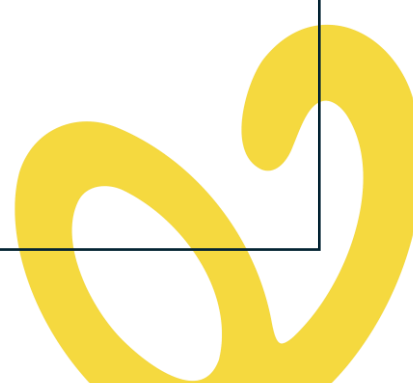
Lesson 8 How to burn more and better

SUMMARY:

1. **Morning Exercise** enhances cortisol synchronization, boosts growth hormone release, and supports metabolism, energy regulation, and immune function.
2. **Morning workouts**, especially when combined with **breakfast or fasted training**, improve insulin sensitivity, aiding blood sugar control and reducing the risk of type 2 diabetes.
3. **Strength training, a high-protein diet, and sufficient sleep** can elevate your Basal Metabolic Rate (BMR), while fiber-rich foods boost the Thermic Effect of Food (TEF), aiding metabolism and weight management.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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ACTION POINTS

1. According to the lesson, what are the things you can start implementing that you have not really been doing so far?

2. Calculate according to your body weight, the amount of protein you would need to eat in a day:

X (your weight) x 1.5 GR = _____

Please note the above number does NOT indicate the total gr of meat you need to eat in a day, but rather the total gr of protein you need to eat in a day. To clarify this, consider that 100gr of chicken have an average of 20gr of protein, 100gr of fish have an average of 15gr of protein and 100gr of red meat have up to 25gr of protein).

3. Write down the changes you will make to your workout routine based on the information you learned so far



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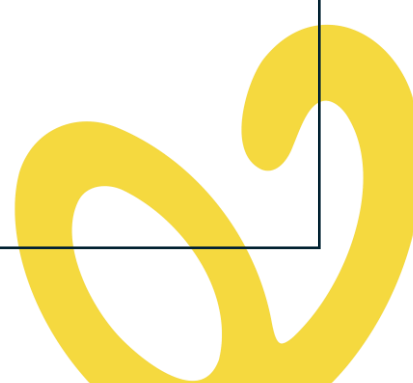
Lesson 9: Gender difference

SUMMARY

1. **Hormonal and Physical Differences:** Men and women differ in hormonal profiles, fat storage, and metabolic responses. Women store more subcutaneous fat (hips, thighs), while men accumulate visceral fat (abdomen), increasing cardiovascular risk.
2. Have a **deep conversation with someone of the opposite sex** on unspoken topics, such as unmet relationship expectations or past life choices. This will open up deeper bonds, emotional awareness, and open communication.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. Where do you feel your body stores most of its fat?

2. How would you rate the quality of your sleep on a scale of 1 to 10, and what steps can you take to improve it?

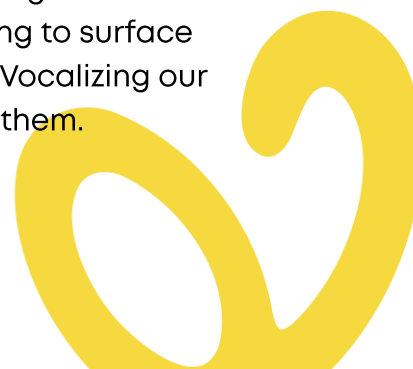
1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

3. How would you rate your stress levels on a scale of 1-10?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

4. What stress-relief methods have worked for you in the past, and what new strategies could you try to manage stress effectively moving forward?

5. Identify a person/ relationship (Partner, parent, family, sibling, friend, boss, colleague) causing stress in your life and try to initiate a more intimate conversation with them. Think about topics you have never discussed, even if you've been close for some time. Simple questions like "what do you perceive has been missing in your relationships with others so far from their side and what has been missing from your side" or "what would you have changed if you were able to go 5 years back in time regarding your career/job/private life?". This can open up interesting conversations where you both create a deeper bond and help each other to bring to surface topics that maybe yourself find difficult to sometimes talk about. Vocalizing our emotions or thoughts is even more powerful to make us aware of them.





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Additional Actions For Men

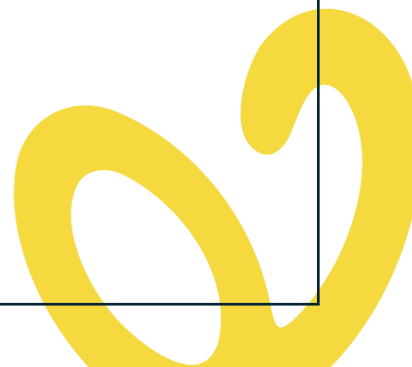
6. Create a plan to prioritize sleep quality

7. How can you tweak your workout regime to add regular cardio for better recovery.

Additional Actions For Women

8. Track your cycle and think how will you align workouts with your cycle

9. How will you Include stress-relief activities like yoga or walking into your weekly movement routine





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Lesson 10 Workout

Do the Workout in the Video



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Week2: END OF THE WEEK WORKBOOK:

1. Reflect on your energy levels: On a scale of 1 to 10, how energetic do you feel at the end of this week?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2. Evaluate your progress on the 4 pillars: Rate each area from 1 to 10:

- NUTRITION: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- EXERCISE : 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
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- MINDSET: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

3. Memory check: What are the 5 key takeaways you learned this week? Write them down and outline one actionable step you will take for each.

4. Add it to your 90 days Road-map in the appendix

- Memory check! List the 5 Main bullet points you have learned this past week, not just for you to memorize them better but also for you to act on them.

5. Add it in your 90 day Road-map in the appendix



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Week 3 : LIFESTYLE

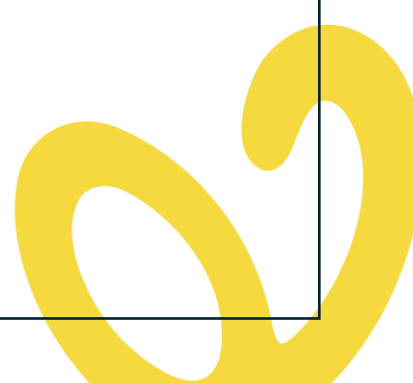
Lesson 11: Lifestyle - sleep

SUMMARY

1. **Sleep impacts physical and mental health**, aids brain detoxification, supports the immune system, and balances hormones. Poor sleep increases the risks of diseases and reduces mental clarity.
2. **Maintain a regular sleep schedule, even on weekends**, to align with your body's circadian rhythm and improve overall rest.
3. **Improving Sleep Quality:**
 - Eat dinner 2-3 hours before bed.
 - Avoid caffeine after 2 PM.
 - Sleep in a dark, quiet, and cool room (18°C or less).
 - Fix bedtime by 11 PM, skip screens 1 hour before, and try calming activities like reading or meditating.
4. Consider **bedtime supplements** like magnesium glycinate, 5-HTP, and L-theanine to improve sleep, and replace screen time with calming activities such as reading or meditating.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. Create a Sleep Consistency Plan:

- What time will you go to bed daily? _____
- What time will you wake up daily? _____

2. Improving your Sleep Quality:

- What time will you set as your cut-off for using gadgets before bed?

- What steps will you take to ensure your room is dark and ideal for sleep?

- How will you manage your caffeine intake to stop after 2 PM?

- Which supplements will you incorporate into your bedtime routine?

3. Of the things we mentioned, what are the things you can already start implementing from tonight for your sleep? List the top 3 in order of priority:





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Lesson 12: Recovery

SUMMARY

1. Exposing the body to small amounts of stress, like heat or cold therapy(sauna or cold bath) can help the body adapt, and boost resilience, improve cardiovascular health, and detoxification.
2. Grounding, or walking barefoot, reduces inflammation, improves circulation, and shields from electromagnetic radiation.
3. Red light therapy enhances cellular function, circulation, and pain relief while also supporting hormonal balance, fertility, and overall recovery.
4. The lymphatic system stays healthy with regular movement, proper breathing, good hydration, and massage aids with detoxifying the body, supports the immune system, and maintains fluid balance.

YOUR REFLECTION

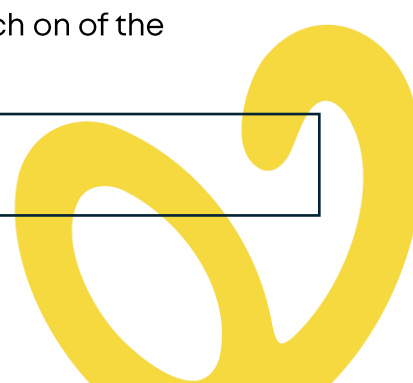
Take time to reflect on what you have gained from this lesson:

ACTION POINTS

1. How often do you plan to visit a park or garden for grounding practices? List your plan, aiming for 2-3 times a week to start with.

2. Are you interested in trying hot & cold therapy and red light therapy sessions at a nearby longevity clinic? When do you plan to schedule your visit?

3. List the one thing that you will be doing this week to support each on of the following: hormesis, grounding, lymphatic system:





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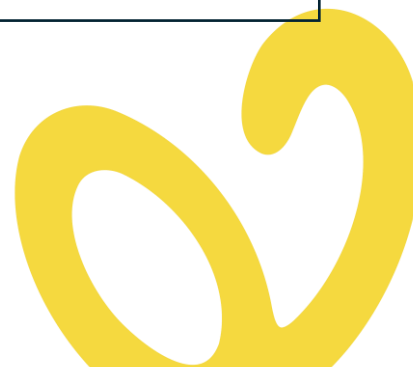
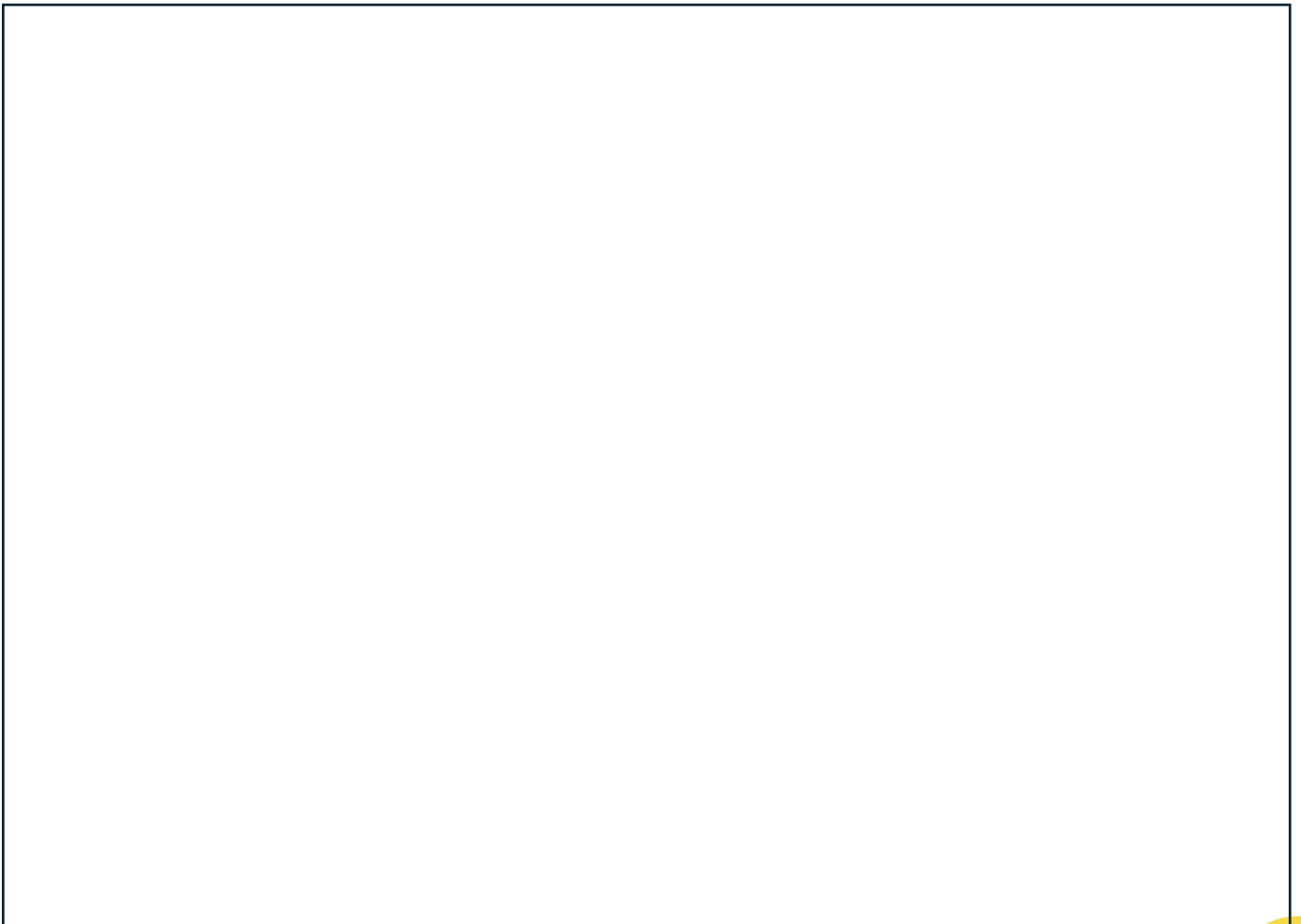
Lesson 13: Calendar

SUMMARY

1. Replace **"busy"** with more positive phrases like **"all good, thank you"** to reduce mental clutter and ease the feeling of overload.
2. Organize your schedule by **color-coding your calendar**, using different colors for work, leisure, and learning activities to create a clear, mentally separated routine.
3. Make **learning** a key part of your lifestyle by engaging in activities such as learning new **skills, reading, or listening to podcasts** to support brain growth and personal development.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. Take 15 minute of your time to work on adjusting your calendar.

Put ALL your commitments in the calendar, categorize them and assign different colors (ie, blue for work, yellow for leisure, purple for appointments etc) including your weekly exercise and self improvement approaches (ie, more grounding or flexibility work, small meditation or breathing routines etc).

2. *Evaluate and eliminate or delay things that are not priority*
3. *Ensure to update and track your daily **appointments** consistently*





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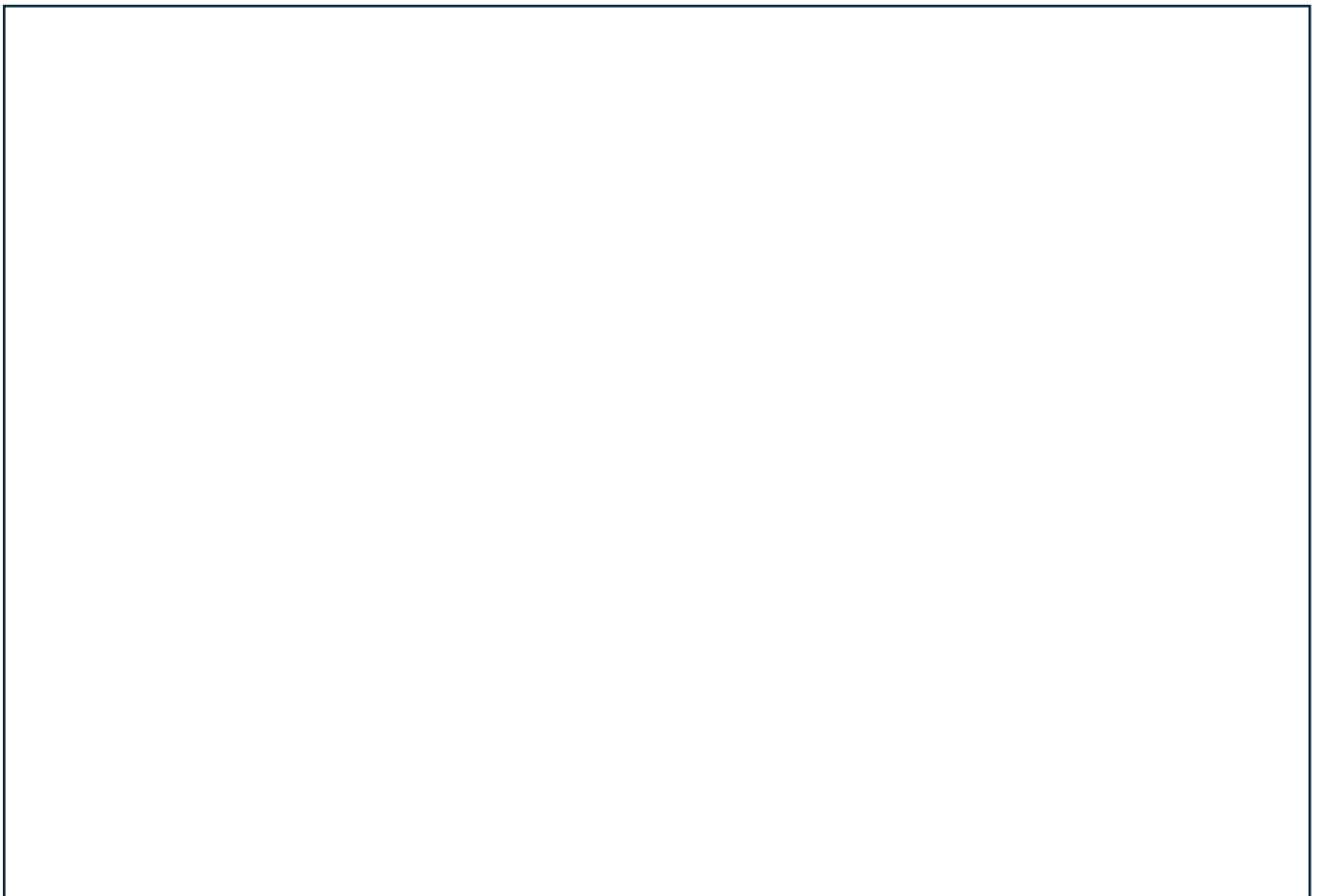
Lesson 14 – Community

SUMMARY

1. **Longevity Escape Velocity (LEV)** is the medical advancement that will allow us to extend our lifespan at a rate that matches or exceeds the years we live, with significant progress anticipated by 2030.
2. **Evidence from Blue Zones** shows that strong social connections are important for longevity and well-being, showcasing the importance of real community engagement over social media interaction.
3. **Engaging in social ties and helping others** activates well-being hormones like oxytocin, serotonin, and endorphins, which are linked to increased health and happiness.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS-

Commit to taking some time to reconnect with someone from your family and someone from your friend circle that you haven't connected in a while, and just reach out to them. Ask them how they are, what they've been up to, show interest in what they say and try to establish a deeper conversation that goes beyond the general talk.

1. What have been that things that came up in the conversation you were previously not aware of? Could you be of support to the other person, even just by holding the space to listening to them?

2. Commit to one act of doing something to be helpful to others. Do one simple deed to someone that is out of your friends & family circle to help them. Remember that we do not have to give for the sake of getting back. We have to give to help others, which in turn will raise our sense of wellbeing and raise our sense of bonding, community and belonging. (examples: leave a tip to your gas station attendant, give some of your freshly baked cookies to your neighbour and try to connect with them, give your work colleague a ride home and get to know something new about him/her you didn't know before, etc)

3.

4. My little deed today:



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Lesson 15 - Focusing on Personal Development

1. Which of these few BOOKS will you pick to read:

Nutrition, Body & Longevity:

- Super Gut, Willian Davis
- Gut, Giulia Enders
- Superhuman, Mark Hyman
- Abundance, Peter Diamandis
- The science and technology of growing young, Sergey Young
- Lifespan, David Sinclair
- Outlive, Peter Attia
- The Source, Dr Tara Swart
- Cure, a journey into the science of Mind over Body - Joe Marchant
- Hack your hormones, Davinia Taylor
- The Metabolic approach to cancer, Nasha Winters
- Jellyfish, Age Backwards
- Feed your skin right, Mark Tager

Mindset, habits & the power of the mind:

- Becoming supernatural, Dr Joe Dispenza
- You are the Placebo, Joe Dispenza
- Four hour work week , Tim Ferris
- Atomic Habits, James Clear
- The Power is within you, Louise Hay
- Limitless, Jim Kwik

Wealth & Productivity:

- Happy Money, Ken Honda
- 10X Grant Cardone
- Creativity inc. , Ed Catmull

1. Which of the list of PODCAST list (about life, mindset, and health) will you listen to:

[The School of Greatness](#), Lewis House

[The Doctor's Pharmacy](#), Mark Hyman

[Huberman Lab](#)

[Collective Insights](#)

[Ben Greenfield Life](#)

[The Drhu Purohit Show](#)

[The Mindvalley Show](#), with Vishen



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[The Human Upgrade](#), with Dave Asprey

2. What's your top list of favorite books and podcasts? Is there anything else you would like to share with me?

Would love to hear from you now that you are over halfway through this course!

Feel free to reach out to chiara.seidenader@gmail.com (I personally read and reply to all emails)





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Week3: END OF THE WEEK WORKBOOK:

1. Reflect on your energy levels: On a scale of 1 to 10, how energetic do you feel at the end of this week?

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2. Evaluate your progress on the 4 pillars: Rate each area from 1 to 10:

• NUTRITION: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

• EXERCISE : 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

• LIFESTYLE: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

• MINDSET: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

3. Memory check: What are the 5 key takeaways you learned this week? Write them down and outline one actionable step you will take for each.

4. Add it to your 90 days Road-map in the appendix
5. Memory check! List the 5 Main bullet points you have learned this past week, not just for you to memorize them better but also for you to act on them
6. Add it in your 90 day Road-map in the appendix





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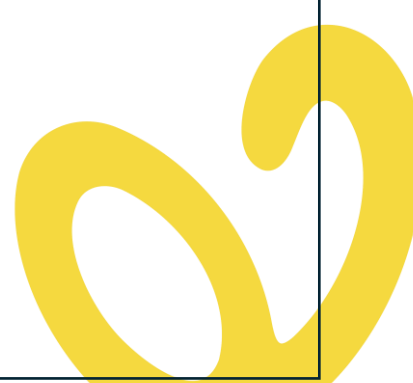
Summary Lesson 16 - consistency

SUMMARY

1. **Consistency** is key to significant long-term health improvements and longevity through daily actions and small, consistent habits.
2. **Your body is an investment account** where regular, small contributions (habits) yield better results than occasional efforts.
3. **Frequency over intensity:** consistently engaging in moderate exercise and healthy habits is more beneficial than sporadic, high-intensity efforts.
4. **Prioritizing mindfulness and self-care** by incorporating practices like journaling, meditation, and outdoor walking can enhance mental clarity and self-awareness, leading to improved cognitive functions and overall well-being.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. Schedule your daily walks as per duration you desire
2. What thoughts do you notice coming up during your walks?

3. Reflect on the thoughts you wrote down: What insights did you gain from them?

4. When can you Schedule this exercise to do atleast once.

Exercise: Take a break. Leave your phone at home and go for an outdoor walk. It doesn't matter for how long, I want you to forget a bit about the time, and I want to actively focus on your surroundings when you walk, nothing else. 20 minutes, 40, one hour.

Get lost! Try to notice what thoughts come up in your head and how you entertain with them. If you lose track of seeing the details of your surroundings, it means you got too





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caught up in your train of thought, so stop it and go back to keep looking at what surrounds you.

Once you come back, get your dairy or pen and paper, and write down there or here below how you felt when taking this walk, if something changed in you from when you started to when you finished, and list all thoughts that you recall came up in your head. Have fun!

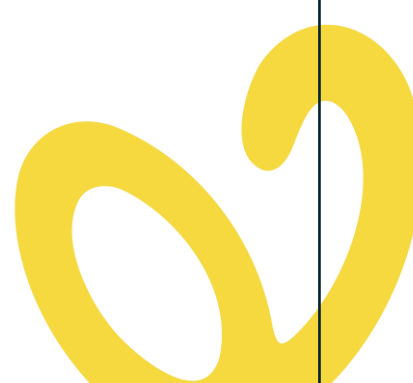
Lesson 17: Science & Mind

SUMMARY

1. Reflect on **consistent actions** that positively or negatively impact your life trajectory, as consistency matters; awareness is key to making changes.
2. Studies show that **our thoughts can influence physical health**, highlighting the power of the mind, where positive thinking can lead to better outcomes.
3. **Mindfulness and meditation** can improve self-awareness and positively alter brain structure, decreasing stress-related effects.
4. Our bodies emit frequencies that can promote healing; therapies like sound healing and bioscalar energy can enhance well-being when practiced consistently.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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1. Read through the below link on Brainwave frequencies:

Our brain constantly operates at specific frequencies. When we are awake they are usually around Beta, Gamma, and Alpha and when we're more relaxed, sleeping, or meditating they are in Theta and Delta. Read more here:

[5 Types Of Brain Waves Frequencies: Gamma, Beta, Alpha, Theta, Delta](#)

The Alpha frequency is a powerful one to support focus and concentration as well as relaxed alertness during the day. If you are stressed or need to focus on an important work task put this music in the background and check on how you feel after one hour of listening to it (it doesn't need to be loud, just leave it in the background): [Alpha Waves](#)

2. With the knowledge on brain frequency what are somethings you will try?
3. Watch/ Hear the video on Healing Frequencies and try hearing different frequencies.

There are many other frequencies at which our body works, and by listening or being exposed to those frequencies from the outer environment, we do support our body's vibrations to align to them and heal/recharge/recover.

All of the frequencies below can also be found on Youtube:

- [The 7 Healing Frequencies?](#)
- [Abundance frequency 888](#)
- [Healing frequency 1111](#)
- [Earth's frequency 7.83](#)
- [Brain & Heart Coherence 0.1](#)

4. What did the different frequencies make you feel and which one will you adopt in your lifestyle
- 



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Lesson 18: Techniques

1. Journaling can improve mental clarity and help achieve goals by focusing on tasks and desired outcomes
2. Breathwork and Meditation: Breathwork and meditation can slow down brainwaves, improve cognitive capacity, and enhance physical restoration
3. Repetition is key to mastering journaling, breathwork, and meditation; consistent practice trains the mind to focus and improves overall well-being.
4. Experiment with different techniques, coaches, and approaches to find what works best for you; meditation and breathwork can be tailored to individual needs and preferences, and consistency is key to long-term benefits.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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ACTION POINTS

1. Which Breathwork and meditation practice will you adopt and at what frequency (add to your 90-day roadmap in the appendix?

2. Will you start journaling? If so here are some Journaling tips. There are so many ways to do it! Some people love to do it for an hour in the morning, some others in the evening and some others at both times. My suggestion is to find the routine that works best for YOU and stick to it. Nothing matters (what to write and for how long) as much as these 2 things:
 - Keep it consistent. If you really want to witness positive results in your life, it has to become an integral part of your life. As always, a little and always is better than a lot for a short time.
 - Makes you evoke good feelings of positivity, love and gratitude. These are the higher frequencies that support your immune system, your mental wellbeing and your longevity.

My suggestion is to keep it 6 minutes long and do it both mornings as soon as you wake up and evenings when go to bed.

Mornings:

Write down 3 things you're grateful about

1. _____
2. _____
3. _____

- Write how you'll make today great





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- Positive affirmation

Evenings:

-My good deed today

-How I'll improve

-Great things I experienced today

- Will you adopt Meditations?

Here are just few of our favorite meditations (in order of duration). If you're new to it, I suggest starting with few minutes after your meditation and slowly increase or do the longer meditations on the weekend or evening when you have more time:

[5 min Abundance Meditation](#)

[5 min breathing before meditation by Joe Dispenza](#)





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[5 min Meditation by Joe Dispenza](#)

[6 min Powerful Meditation](#)

[11 Min Sleep Meditation](#)

[11 Min Chakra tune up](#)

[13 Min Morning Meditation by Joe Dispenza](#)

[10 min Abundance Meditation by Joe Dispenza](#)

[15 min Deep Transformation Meditation by Joe Dispenza](#)

[35 min Morning Meditation for Abundance by Joe Dispenza](#)

- *Breathing techniques:*

[10 min morning Breathwork routine](#)

[10 min NSDR before bedtime by Andrew Huberman](#)

[15 min mindfulness breathing](#)

[15 New Reality Breathwork](#)

[8 min Diaphragmatic breathing](#)

[30 min Quantum Breathwork Breathing](#)

[10 min relaxing Box breathing](#)





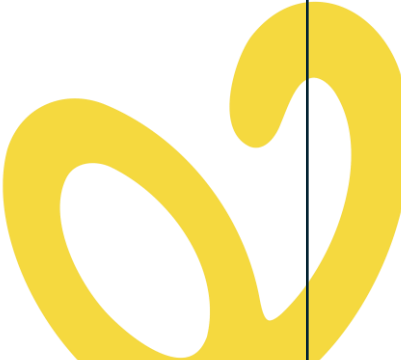
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Summary of Lesson 19: Stress

1. Stress triggers the **"fight or flight"** response (**SNS and PNS**), with chronic stress raising cortisol levels and harming immunity, sleep, digestion, and mental health.
2. Techniques like meditation, breathing, journaling, EFT tapping, cold exposure, and acupuncture enhance vagal tone, aiding relaxation, digestion, and stress recovery.
3. **HRV monitors** manage stress; Omega-3s, probiotics, and magnesium support vagus nerve health and overall wellness.
4. Social connections, laughter, and gratitude (**"Vitamin G"**) boost vagus nerve function, promoting longevity and well-being.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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1. What stress reduction techniques will you adopt in your lifestyle and at what frequency. (Add to overall 90-day roadmap in the appendix)

2. Learn more about EFT Tapping [HERE](#)



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Lesson 20: Actioning Mindset Changes

SUMMARY

1. **Distinguish Real vs. Perceived Stress:** Pause to assess whether current stress is from an actual danger or an exaggerated reaction.
2. What **stress triggers can you recognize**, step out of the automatic response, and regain control.
3. Make a note to take 5 slow, **deep breaths** to calm the mind when stresses next time
4. Do you now understand that **small amounts of stress** can be beneficial for growth and achievement.

ACTION POINT:

1. What breathing techniques and meditation will you practice today, and how will you do so without judgment? List of recommendations below
 2. How will you journal your sensations, thoughts, and any changes you experienced today?
- *Recommended Meditations:* Here are just few of my favorite meditations (in order of duration). If you're new to it, I suggest starting with few minutes after your meditation and slowly increase or do the longer meditations on the weekend or evening when you have more time:

[5 min Abundance Meditation](#)

[5 min breathing before meditation by Joe Dispenza](#)

[5 min Meditation by Joe Dispenza](#)

[6 min Powerful Meditation](#)

[11 Min Sleep Meditation](#)

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[13 Min Morning Meditation by Joe Dispenza](#)

[10 min Abundance Meditation by Joe Dispenza](#)



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[15 min Deep Transformation Meditation by Joe Dispenza](#)

[35 min Morning Meditation for Abundance by Joe Dispenza](#)

- *Recommended Breathing techniques:*

[10 min morning Breathwork routine](#)

[10 min NSDR before bedtime by Andrew Huberman](#)

[15 min mindfulness breathing](#)

[15 New Reality Breathwork](#)

[8 min Diaphragmatic breathing](#)

[30 min Quantum Breathwork Breathing](#)

[10 min relaxing Box breathing](#)





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Week4: END OF THE WEEK WORKBOOK:

7. Reflect on your energy levels: On a scale of 1 to 10, how energetic do you feel at the end of this week?

2 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

8. Evaluate your progress on the 4 pillars: Rate each area from 1 to 10:

- NUTRITION: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- EXERCISE : 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- LIFESTYLE: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
- MINDSET: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

9. Memory check: What are the 5 key takeaways you learned this week? Write them down and outline one actionable step you will take for each.

10. Add it to your 90 days Road-map in the appendix

11. Memory check! List the 5 Main bullet points you have learned this past week, not just for you to memorize them better but also for you to act on them

12. Add it in your 90 day Road-map in the appendix





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Lesson 21 - Summary

Congratulations for reaching the end of the program. Here is a program summary for your memory:

1. Week 1 – Pillar: Nutrition:

- Explored foods to include and avoid for optimal health.
- Learned about supplements to combat inflammation and boost physical and neurological functions.
- Debunked diet myths and hacks while emphasizing the importance of food as medicine.
- Practiced self-testing techniques to assess individual health needs.

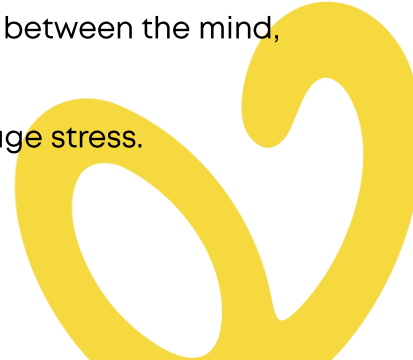
2. Week 2 – Pillar Exercise:

- Uncovered the ideal workout formula for longevity and tracked key metrics for aging well.
- Discussed differences in aging between men and women.
- Focused on improving metabolic rate and engaged in an action-packed workout session.

3. Week 3 – Pillar Lifestyle:

- Highlighted the significance of quality sleep and optimizing recovery.
- Developed strategies for structuring a productive yet restorative schedule.
- Emphasized the importance of community and shared a list of helpful resources for ongoing learning.

4. Week 4 – Pillar Mindset:

- Discovered the power of consistency and the connection between the mind, body, and science.
 - Learned effective techniques to hack the mind and manage stress.
- 



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- Participated in a reflective, non-action video to release and reset the mind.

CALL TO ACTION

1. Review Goals: Reflect on the goals you set for the program and write down your progress.

2. Evaluate What Worked: Identify practices that were effective and those that need adjustment.

3. Plan Forward: Determine what you will incorporate into your routine over the next 90 days.
 4. Reflect on Each Pillar: Write what you liked most about each week's pillar and which strategies resonated with you.
 5. Fine-Tune Your Action Plan: Adjust your 90-day roadmap to align with your long-term goals and initial intentions. There is a second copy so you can make changes in the appendix. Dont forget to print it and stick it on your fridge and share with your tribe!
- 



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Appendix:

Section A: List of resources:

- List of which foods to have and which ones to avoid: [10 Day Sugar Reset](#)
- Recommended Basic Supplement: [number 1 recommended supplement](#)
- Meal Ideas: [Download here the Meal Ideas PDF](#)
- *Protocol on how to increase VO2max and HRV* [Download](#)
- Here is a Workout Strategy Example; [workout strategy guide](#)
- Brain Frequencies: [5 Types Of Brain Waves Frequencies: Gamma, Beta, Alpha, Theta, Delta](#)
- Learn more about EFT Tapping [HERE](#)

Section B: Blood Tests to Consider:

Blood test:

1. Do-At-Home *Balance Test*: Measures the Omega 3 - 6 ratio to measure the inflammation levels in our body, how good we can absorb nutrients from food. It is crucial to understand the onset of any chronic inflammation (digestive issues, overweight, chronic fatigue, skin concerns, hormonal imbalance). The kit comes with a 3-month course of a BalanceOil, crucial to get rid of inflammation and improve nutrients' absorption: [Link here](#) (Worldwide)
- 



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1. Do-At-Home *Valeo Full blood count test* that includes the below:

vitamins & minerals profile

Blood sugar profile

Iron profile, choloesterol profile

CRP (C-reactive protein)

kidney, liver, thiroid profile

Hormonal profile (for Men: total testosterone, Sex Hormone Binding Globulin, Free Androgen Index. For Women: Follicle Stimulatine Hormone, Prolactin, Estradiol, Progesteron). [Link here](#) (UAE residents)

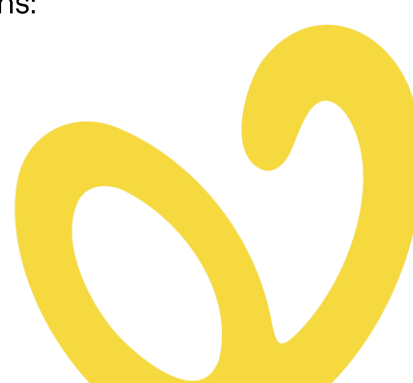
1. *Epigenetic Test*: The test tells you: your biological age, rate of aging, and age of 11 key organ systems by looking at 75+ biomarkers. By routinely taking the test, you can measure the impact of lifestyle changes you make to improve your epigenetic health. [Link here](#)

Stool test:

1. Do-At-Home *Valeo Stool Test*: [Link here](#) (UAE residents)
2. Do-At-Home *InSure Stool Test*: [Link here](#) (USA residents)

Section C: Personal Development Reading and Audio Recommendations:

Nutrition, Body & Longevity:



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- Super Gut, Willian Davis
- Gut, Giulia Enders
- Superhuman, Mark Hyman
- Abundance, Peter Diamandis
- The science and technology of growing young, Sergey Young
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[Huberman Lab](#)

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[The Mindvalley Show](#), with Vishen

[The Human Upgrade](#), with Dave Asprey

Section 4: Mindset and Stress Techniques

Link to Healing Frequencies :

- [The 7 Healing Frequencies?](#)
- [Abundance frequency 888](#)
- [Healing frequency 1111](#)
- [Earth's frequency 7.83](#)
- [Brain & Heart Coherence 0.1](#)

A Daily Journaling Sheet for you_

Mornings:

Write down 3 things you're grateful about

1. _____
2. _____
3. _____





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- Write how you'll make today great
- Positive affirmation

Evenings:

- My good deed today
- How I'll improve
- Great things I experienced today

Meditation and Breathing Technique Recommendations:

[5 min Abundance Meditation](#)

[5 min breathing before meditation by Joe Dispenza](#)

[5 min Meditation by Joe Dispenza](#)

[6 min Powerful Meditation](#)

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