# Seeker Lifestyle Plan

## 7-Day Reflection Journey

Day 1 - Sit in silence for 10 minutes. Just observe your thoughts.  
Day 2 - Write down one belief you've outgrown and one you'd like to adopt.  
Day 3 - Take a walk alone and reflect on a question that matters to you.  
Day 4 - Listen to a podcast or read something that nourishes your soul.  
Day 5 - Write a letter to your younger self - and one to your future self.  
Day 6 - Identify a moment of truth or awakening from your past.  
Day 7 - Journal: What does a meaningful life look like to me now?

## Mindful Morning Rituals

- Light a candle or play calming music as you start your day.  
- Ask: “What do I need today to feel grounded and fulfilled?”  
- Breathe deeply for two minutes before checking your phone.  
- Set a word or theme for the day (e.g., peace, curiosity, presence).  
- End with gratitude: name three things you’re thankful for.

## Purpose Prompts

- What brings me peace?  
- When do I feel most connected to myself?  
- What have I been avoiding that might actually be calling me?  
- What does it mean to live with intention today?  
- Who inspires me to go deeper - and why?