

Zen • Feng Shui • Mindfulness • Quality Living

(You may add this as a downloadable checklist or a printable page)

□ Daily Mind & Energy Balance (Zen)

- Sit quietly for 5 minutes (no phone, no noise)
- Focus on one task at a time
- Breathe slowly and deeply at least once consciously
- Remove one unnecessary worry or mental task
- End the day without screens for 30 minutes

❖ Home & Space Balance (Feng Shui)

- Keep the entrance clear and welcoming
- Remove clutter from one small area
- Open windows daily for fresh air
- Let natural light into living spaces
- Keep bedroom calm (no clutter under bed)

❖ Environment & Nature (Biophilic Living)

- Add or care for at least one plant
- Spend time near natural light
- Touch natural materials (wood, stone, fabric)
- Step outside for fresh air, even briefly

□ Awareness & Presence (Mindfulness)

- Eat one meal slowly and consciously
- Notice sounds, smells, and sensations
- Avoid multitasking
- Be present in conversations

❖ Simplicity & Acceptance (Minimalism & Wabi-Sabi)

- Let go of one unnecessary object
- Accept imperfection (no fixing, no correcting)
- Choose quality over quantity
- Appreciate something imperfect but real

Pace & Lifestyle (Slow Living)

- Avoid rushing where possible
- Schedule at least one calm activity
- Reduce digital overload
- Choose rest without guilt

Weekly Reset (Once per Week)

- Declutter one drawer or shelf
- Clean with intention (not rush)
- Refresh living space (plants, cushions, light)
- Reflect: what improved my calm this week?

Suggested Use

- Print and place near your desk or fridge
- Use as a **daily or weekly reset guide**
- Ideal for wellness, lifestyle, and home-balance content