

## **Zen • Feng Shui • Mindfulness • Quality Living**

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

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### ☐ **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
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### **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)
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### **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
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### ☐ **Awareness & Presence (Mindfulness)**

- ☐ Eat one meal slowly and consciously
  - ☐ Notice sounds, smells, and sensations
  - ☐ Avoid multitasking
  - ☐ Be present in conversations
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### **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
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### **Pace & Lifestyle (Slow Living)**

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