

Soul Sentred Longevity Checklist

Simple Daily Habits to Support Healthy Ageing, Energy, and Vitality

Longevity isn't about extreme measures — it's about consistent daily habits that support your body, mind, and wellbeing over time. Use this checklist as a gentle guide to build your healthspan — the years you feel strong, energised, and fully alive.

- Move your body for at least 20–30 minutes
- Include protein with each meal
- Eat vegetables or whole foods
- Drink enough water throughout the day
- Take a short walk after meals
- Strength train or use resistance exercises (2–3x per week)
- Prioritise quality sleep (7–9 hours)
- Reduce screen time before bed
- Practice slow breathing or relaxation
- Spend time outdoors or in nature
- Connect with someone you care about
- Do something that brings you joy
- Stretch or mobilise your body
- Practice gratitude or reflection
- Set one small meaningful goal

Remember: small habits, repeated consistently, create powerful long-term health outcomes. Your future self is being built today. Get Soul Sentred.