

Coastal Living Masterclass

The Complete Workbook for Transforming Your Life

Lana Cove
Life by the Shore

A comprehensive eight-module guide to building a coastal-inspired life of intention, beauty, and purpose. Transform your mindset, space, nourishment, wellness, style, travels, relationships, and purpose.

Premium Edition | \$197
Complete Life Transformation System

Welcome

Welcome to the Coastal Living Masterclass.

This workbook is not a quick-fix program or a list of aspirational ideas. It is a comprehensive, practical, step-by-step guide for building a coastal-inspired life—one that is beautiful, intentional, and aligned with what genuinely matters to you.

Over the next eight modules, you will explore eight core pillars of coastal living: your mindset and vision, your home environment, how you nourish your body, how you move and care for your health, the style you express through clothing and beauty, the way you travel and explore, how you nurture relationships, and how you discover and pursue meaningful work.

This is not about adopting someone else's coastal aesthetic. It is about defining what "coastal" means to you. It might be the physical reality of living by the sea, or it might be an internal orientation—an approach to life that values presence, simplicity, beauty, and connection.

Each module includes assessments, exercises, planning templates, and actionable steps. This workbook is meant to be written in, folded over, returned to again and again. It is a living document, not a pristine object.

The transformation you seek is built not in grand gestures but in small, consistent choices made day after day. This masterclass provides the structure; you provide the commitment.

Let's begin.

Module 1: Coastal Mindset

Defining Your Coastal Lifestyle Vision

Coastal living is fundamentally a mindset. It is an orientation toward life that prioritizes presence, simplicity, beauty, and connection. Before building this life externally, clarify it internally.

Vision Statement Exercise:

Complete these sentences honestly, without editing:

- My ideal day feels like: _____
- Coastal living to me means: _____
- My life would be transformed if: _____
- What I value most is: _____
- What my everyday environment reflects about me: _____

Values Clarification Wheel:

Rate each value 1-10 (current importance to your life):

- Presence & Mindfulness: ____
- Beauty & Aesthetics: ____
- Connection & Relationships: ____
- Simplicity & Minimalism: ____
- Creativity & Expression: ____
- Health & Wellness: ____
- Adventure & Exploration: ____
- Peace & Calm: ____
- Growth & Learning: ____
- Purpose & Meaning: ____

Which values scored highest? Which lowest? Where do the gaps lie between what you value and how you currently live?

Life Assessment Wheel

AREA	CURRENT (1-10)	DESIRED (1-10)	ACTIONS TO BRIDGE GAP
Home & Environment			
Nourishment & Food			
Movement & Wellness			
Style & Beauty			
Work & Purpose			
Relationships			

Travel & Adventure			
Rest & Peace			

Module 2: Home & Space

Creating a Coastal Sanctuary

The home is the foundation of a coastal lifestyle. It should reflect calm, beauty, and intention.

Coastal Color Palette:

- Primary: Ocean (deep blue) & Sand (warm cream)
- Accent: Coral, Sage, Gold
- Neutral base: Warm whites & charcoal for depth

Room-by-Room Transformation Guide:

Bedroom: Sanctuary for rest. Soft linens, minimal clutter, calming colors (blues, sands, whites). 'Remove work-related items. Add natural textures: linen, cotton, wood.

Kitchen: Heart of nourishment. Open shelving displaying beautiful dishes. Wooden surfaces. Natural light. 'Herbs growing on the windowsill. Cookbooks displayed prominently.

Living Room: Space for connection. Comfortable seating arranged for conversation. Soft lighting. 'Art on walls reflecting coastal themes or personal meaning. Plants bringing in life.

Bathroom: Ritual space. Quality soaps, natural light if possible. Plants. Soft towels. 'Mirror reflecting light back into the room. A sense of spa-like calm.

Home Office: Space for meaningful work. Natural light. Organized desk. Inspiring elements nearby. 'Boundary between work and rest (close door at end of day).

Decluttering Framework:

Examine each item. Ask: Does this bring beauty? Does this serve a purpose? Does this feel coastal/aligned with vision? Keep only items that pass this filter. Donate or discard the rest. Empty space is as important as filled space.

Module 3: Nourishment

Mediterranean-Inspired Eating

Coastal eating celebrates fresh, simple ingredients: fish, vegetables, olive oil, herbs, whole grains. The focus is on meals shared, savored, and nourishing both body and soul.

Core Principles:

- Eat seasonally
- Emphasize vegetables and whole grains
- Include quality fats (olive oil, avocado, nuts)
- Eat fish 2-3 times weekly
- Minimize processed foods
- Enjoy meals slowly, often with others
- Use herbs and spices generously

15 Signature Recipes (titles only):

1. Mediterranean Roasted Vegetables with Herb Oil
2. Grilled Fish with Lemon & Rosemary
3. Whole Grain Pasta with Fresh Tomato Sauce
4. Quinoa & Coastal Herb Salad
5. Creamy White Bean Soup
6. Roasted Root Vegetables with Tahini Drizzle
7. Simple Olive Oil Risotto
8. Herb-Brined Grilled Chicken
9. Mediterranean Chickpea Stew
10. Simple Green Salad with Citrus Dressing
11. Whole Grain Bread with Herb Butter
12. Baked Cod with Capers & Tomatoes
13. Farro with Roasted Vegetables
14. Fresh Herb & Goat Cheese Frittata
15. Citrus & Almond Cake (simple, Mediterranean style)

Weekly Meal Planning Template:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Module 4: Movement & Wellness

Building a Sustainable Fitness Routine

Coastal wellness is not about intense gym sessions but about moving the body in ways that feel joyful.

Beach & Outdoor Workouts:

- Walking: Meditative, accessible, buildable
- Running: energizing, often done at sunrise or sunset
- Swimming: Full-body, grounding, joyful
- Yoga: Flexibility, strength, presence
- Cycling: Exploration, joy, cardiovascular health
- Paddleboarding: Balance, core strength, meditation

Recovery Practices (equally important as activity):

- Stretching: 10 minutes daily
- Massage: Monthly or bi-monthly
- Adequate sleep: 7-9 hours nightly
- Rest days: At least one fully restful day per week
- Breathing practices: Daily, especially after activity

Personal Fitness Assessment:

Current activity level: _____

How the body currently feels: _____

Areas that want more attention: _____

Sustainable Routine Builder (realistic, enjoyable):

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Weekend: _____

Module 5: Style & Beauty

Coastal-Inspired Personal Style

Coastal style is effortless elegance: natural fabrics, neutral base colors, quality basics, minimal jewelry.

Wardrobe Foundation (timeless basics):

- White linen shirt
- Neutral sweater (cream, sand, soft gray)
- Well-fitting jeans
- Neutral cotton pants
- Lightweight cardigan
- Simple white t-shirts
- Linen dresses (neutral colors)
- Lightweight jacket
- Quality flat sandals
- Sneakers (white or neutral)

Seasonal Adjustments:

Spring: Light layers, pastels accents, lightweight fabrics

Summer: Linen, cotton, sundresses, simple jewelry

Fall: Warmer neutrals, layering, cozy textures

Winter: Sweaters, warm neutrals, quality outerwear

Skincare Essentials:

- Gentle cleanser
- Moisturizer
- SPF 30+ sunscreen
- Natural deodorant
- One nourishing oil (for face or body)
- Optional: one targeted treatment for specific concerns

Personal Style Assessment:

How do I want to feel in my body?

What colors make me feel most like myself?

My personal style can be described as:

Module 6: Travel & Adventure

Travel Planning Framework

Coastal living includes exploring new places thoughtfully, supporting local communities, traveling slowly.

Trip Planning Checklist:

- Research the destination's culture, cuisine, history
- Identify local artisans, restaurants, guides
- Book accommodations that support the local economy
- Plan activities that align with travel style (adventure, cultural, relaxation)
- Build in unstructured time for wandering
- Create a simple packing list (less is more)

Bucket List (places & experiences):

1. _____
2. _____
3. _____
4. _____
5. _____

Slow Travel Philosophy:

Rather than checking off destinations, spend meaningful time in each location. Learn the language basics. 'Eat where locals eat. Walk neighborhoods without an agenda. Build connections with people. 'Take fewer trips but stay longer in each place.

Sustainable Packing System:

Base items (can mix & match):

Seasonal additions: _____

Travel Budget Framework:

Annual travel budget: \$_____

One major trip per year or smaller trips: _____

Module 7: Relationships & Community

Nurturing Connections

Coastal living is not solitary. It is deeply connected. Nurturing relationships is as essential as physical wellness.

Core Relationship Inventory:

List the people who matter most:

- | | |
|----------|--------------------------------|
| 1. _____ | Last meaningful contact: _____ |
| 2. _____ | Last meaningful contact: _____ |
| 3. _____ | Last meaningful contact: _____ |
| 4. _____ | Last meaningful contact: _____ |
| 5. _____ | Last meaningful contact: _____ |

Hosting Guide for Gatherings:

- Create a welcoming space: clean, warm lighting, music playing softly
- Serve simple food: Mediterranean flavors, quality ingredients
- Allow conversation to flow naturally without agenda
- Create rituals: wine, a specific dish, a time of day for gathering
- Make guests feel seen and valued
- Keep gatherings smaller and more intimate when possible

Conversation Starters (for deepening connection):

- What are you looking forward to?
- What brought you joy recently?
- What challenge are you currently navigating?
- How have you changed in the past year?
- What book or idea has influenced you lately?
- Where do you feel most at peace?
- What would feel meaningful to explore?

Quarterly Connection Plan:

- Q1: _____
- Q2: _____
- Q3: _____
- Q4: _____

Module 8: Purpose & Growth

Finding Meaningful Work

Meaningful work is not about titles or income. It is about feeling that your efforts contribute something valuable.

Purpose Clarification Exercise:

- What activities make you lose track of time?

- What problems do you want to help solve?

- What would you do if money were not a concern?

- What impact do you want to have?

Creative Practice Development:

Whether or not creating is your work, a creative practice nourishes the soul. This might be writing, visual art, 'music, cooking, gardening, crafting.

Your Creative Practice:

Form or medium:

Frequency (how often you practice):

Space or materials needed:

What it offers you:

Learning Plan (continuous growth):

Skills or knowledge I want to develop:

- | | |
|----------|-----------------|
| 1. _____ | Timeline: _____ |
| 2. _____ | Timeline: _____ |
| 3. _____ | Timeline: _____ |

Legacy Reflection:

If you could be remembered for one thing, what would it be?

What impact do you want to have on the people you know, your community, the world?

Implementation Roadmap

The masterclass content can feel overwhelming. This 90-day roadmap breaks it into manageable weekly actions.

Week 1-2: Foundation (Modules 1-2)

- Complete values clarification exercise
- Take photos of current home
- Identify one room to redesign
- Research coastal design inspiration

Intention for these weeks: _____

Week 3-4: Nourishment (Module 3)

- Plan one week of meals using Mediterranean principles
- Shop for cooking ingredients
- Try two new recipes
- Notice how different eating feels

Intention for these weeks: _____

Week 5-6: Movement (Module 4)

- Establish a movement routine
- Track daily activity
- Incorporate recovery practices
- Notice energy levels

Intention for these weeks: _____

Week 7-8: Style (Module 5)

- Assess current wardrobe
- Identify gaps in core pieces
- Make one intentional purchase
- Simplify skincare routine

Intention for these weeks: _____

Week 9-10: Travel (Module 6)

- Research bucket list destinations
- Plan one trip (even a local day trip)
- Create a travel budget
- Practice slow exploration

Intention for these weeks: _____

Week 11-12: Relationships (Module 7)

- Reach out to core relationships
- Plan one gathering
- Have one meaningful conversation
- Create quarterly connection plan

Intention for these weeks: _____

Week 13: Purpose & Integration (Module 8)

- Complete purpose clarification
- Define or deepen creative practice
- Identify learning goals
- Reflect on legacy
- Integrate all modules into daily life

Intention for these weeks: _____

Complete Resource Library

Recommended Reading

Mindfulness & Presence:

Wherever You Go, There You Are by Jon Kabat-Zinn

The Book of Awakening by Mark Nepo

Home & Design:

The Life-Changing Magic of Tidying Up by Marie Kondo

Scandinavian Minimalism by Norm Architects

Nourishment:

Mediterranean Diet for Beginners by Rockridge Press

Salt Fat Acid Heat by Samin Nosrat

Wellness:

The Body Keeps the Score by Bessel van der Kolk

Come as You Are by Emily Nagoski

Travel & Adventure:

The Art of Slow Travel by Tom Hall

Wanderlust by Liraz Charhi

Purpose & Growth:

Designing Your Life by Bill Burnett & Dave Evans

The Courage to Be Disliked by Ichiro Kishimi & Fumitake Koga

Podcasts & Audio Resources

- On Being (podcast on meaning and purpose)
- The Minimalists Podcast
- How to Fail (podcast on resilience)
- Stuff Mom Never Told You (on wellness)
- Slow Living (multiple shows exploring intentional living)

Online Communities

- Coastal living groups (various social media platforms)
- Mindfulness & meditation apps
- Recipe communities focused on Mediterranean cuisine
- Travel forums for slow travel enthusiasts
- Writing & creative communities

Tools & Apps

- Meditation: Insight Timer, Calm
- Meal planning: Mealime, Paprika
- Fitness tracking: Strava, Strong

- Journaling: Day One, Journey
- Organization: Todoist, Trello
- Travel planning: Wanderlog, Rome2Rio

Final Thoughts:

This masterclass is not a destination but a journey. You will not complete it and be 'done.' Rather, you will build practices and systems that continue to evolve. Be patient with yourself. Celebrate small changes. Trust that consistency compounds into transformation. Return to this workbook again and again—your answers will change as you grow.