

GLOW UP CHECKLIST

This checklist is here to keep you grounded, consistent and inspired. Tick off what feels good to you, add your own rituals and let these small actions guide you toward the glow up you deserve.

MORNING RITUALS

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|--|---|
| ☐ Wake up early (around 6 am) | ☐ Move my body |
| ☐ Journal one page to clear my mind | ☐ Eat a nourishing breakfast |
| ☐ Hydrate with warm water and lemon | ☐ _____ |

EVENING RITUALS

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|---|---|
| ☐ Digital detox after 8 pm | ☐ Gratitude journaling |
| ☐ Read a book | ☐ _____ |
| ☐ Gentle skincare routine | ☐ _____ |

BODY GLOW UP

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|--|--|
| ☐ Drink 2-3 liters of water daily | ☐ Follow a skincare routine |
| ☐ Move my body every day | ☐ Nourish with balanced meals |
| ☐ Prioritize 7-8 hours of sleep | ☐ _____ |

MIND GLOW UP

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|--|---|
| ☐ Journal daily | ☐ Create intentional screen time |
| ☐ Practice affirmations | ☐ Romanticize little rituals |
| ☐ Meditate daily | ☐ _____ |