

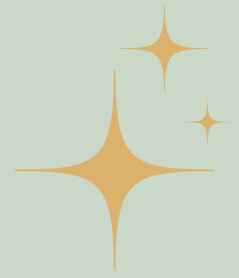


🌟 The Glow-Up Checklist

Small Daily Habits for Your Personal Glow-Up Journey

💧 Hydration Habit

- ☐ Drink at least 8 glasses of water
- ☐ Start the day with a glass of water before coffee
- ☐ Add lemon or cucumber for a boost



🧘♀️ Movement for Strength

- ☐ 20–30 minutes of exercise (walk, Beachbody, stretch)
- ☐ Celebrate any movement—consistency beats perfection
- ☐ Rest without guilt when needed

🧴 Skin + Self-Care Rituals

- ☐ AM: Cleanse, hydrate, SPF
- ☐ PM: Cleanse, layer serums, moisturise
- ☐ One “pamper” a week (mask, facial, bath, dry brushing)



🧠 Mind + Mood Boosters

- ☐ 5 minutes of journaling or meditation
- ☐ Set a daily intention (e.g. “stay calm”, “be kind to myself”)
- ☐ One thing just for you—even if it’s a cup of tea in peace

👗 Style & Confidence

- ☐ Wear something that makes you feel good today
- ☐ Declutter one item that no longer serves you
- ☐ Compliment yourself in the mirror (yes, really!)

🌸 Progress & Positivity

- ☐ Celebrate a small win from today
- ☐ Say “thank you” to your body
- ☐ Check in with how you’re feeling (honestly)



🌟 **Reminder: Your glow-up is yours—make it gentle, joyful, and totally unfiltered.**
You’ve got this. 💚