

\* i know it's a mess \*

# Glow up challenge



- Start Drinking water
- Start exercising
- Start meditating
- Start Journaling
- Start Practicing affirmation
- Start Visualizing
- Start reading books
- Create a vision board
- Start listening to podcasts
- Work on sleep schedule
- Start setting goals
- Organize your wardrobe
- Start eating more fruits and veggies
- Learn a new skill
- Cut out unhealthy food
- List 3 things every day to be grateful for
- Start going on solo dates
- Start taking Daily walks
- Ask your self-discovery questions
- Start stretching
- Cope w/ neg. thoughts
- Start using gratitude
- Stop procrastinating
- Evaluate your relationship
- Spend a day w/ no social-media

! 25 Days!

10 Days!  
! You got this!

20 Days  
! Just 5 more!