

GLOW UP

IN 30 DAYS

1

Reflect on
"What does my
dream summer
look like?"

2

Create a
summer vision
board

3

Set 3 intentions
for your summer

4

Start reading a
self-help book

5

Write 5 new
affirmations you
want to live by

6

Unfollow 5+
social media
accounts that
drain you

7

Write 3 things
you're
grateful for

8

Write down 3
things you're
proud of

9

Ditch late-night
scrolling

10

Make a summer
bucket list

11

Stretch or do
yoga

12

Wear an outfit
that makes you
feel confident

13

Go for a walk
outside

14

Treat yourself
to a little
self-care ritual

15

Prioritise sleep
tonight

16

No makeup day

17

Spend
15 minutes
in nature

18

Dance to your
favorite songs

19

Spend some
time in the sun

20

Meditate
or sit quietly for
5-10 minutes

21

Start a "joy list"

22

Create a
summer playlist

23

Enjoy a slow
morning

24

Visualize your
dream life

25

Say 'yes' to
something
spontaneous

26

Write down a
personal mantra

27

Try a new
creative activity

28

Compliment
3 people

29

Reach out to
someone you
haven't heard in
a while

30

Watch the
sunrise or sunset
and just be
present