

Glow up *checklist*

A glow up isn't one big change. It's small habits across your mind, health, beauty and life that add up. Tick what you already do and pick 3 to start this week.

MIND

- ☐ Write 3 things you're grateful for
- ☐ Journal for 5 minutes
- ☐ Plan your day the night before
- ☐ Read 10 pages a day
- ☐ Listen to a podcast instead of scrolling
- ☐ Track your habits
- ☐ Say one kind thing to yourself daily
- ☐ Limit social media to 30 min

HEALTH

- ☐ Move your body every day
- ☐ Strength train 2-3x a week
- ☐ Walk outside daily
- ☐ Drink water before coffee
- ☐ Eat protein at every meal
- ☐ Eat fruit or veg twice a day
- ☐ Sleep 7-8 hours
- ☐ No caffeine after 2pm

BEAUTY

- ☐ Simple AM + PM skincare
- ☐ SPF every morning
- ☐ Moisturise on damp skin
- ☐ Floss and brush twice a day
- ☐ Weekly face mask
- ☐ Satin or silk pillowcase
- ☐ Nails clean and shaped

SOUL & SPACE

- ☐ Make your bed every morning
- ☐ Sunday reset of your room
- ☐ Time with people who lift you up
- ☐ One thing just for fun each week
- ☐ Unfollow accounts that drain you
- ☐ Rest without guilt
- ☐ Do one brave thing a week

TICK A BOX EACH DAY YOU DO IT

30-day glow up challenge

DAILY HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Make my bed																														
Water before coffee																														
Morning sunlight																														
Move 30 minutes																														
Protein at every meal																														
Fruit or veg twice																														
AM + PM skincare																														
Read 10 pages																														
Journal / gratitude																														
Screens off before bed																														
7+ hours sleep																														

MY GLOW UP GOAL

DAY 30: HOW I FEEL

Turn this into a 75-day glow up

The Better Me Challenge in Habbpic gives you daily habits, reminders and a streak to keep, plus tips for every habit.

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