

90-DAY GLOW UP CHALLENGE

*No-Fluff
Edition*



My 90-Day Blueprint

Before you start the challenge, take time to answer these 10 key questions. Your 90-Day Blueprint is your roadmap for transformation—it will help you define your goals, focus areas, and what success looks like for you.

- Who is the person I want to be at the end of these 90 days?
- What do I value most in life? (Health, career, relationships, personal growth, etc.)
- What makes me truly happy?
- What would I like to improve about myself?
- How do I want to feel at the end of the 90 days?
- What habits or mindsets are holding me back?
- What new habits or skills will help me grow?
- Which areas of my life need the most improvement? (Rank from 1-11: Health, Productivity, Mindfulness, Relationships, Work, Finance, Self-Care, etc.)
- What challenges might come up, and how will I overcome them?
- What is my motivation for doing this challenge? (Write a personal mission statement.)

List of Life Areas:

- Mindfulness & Mental Well-Being
- Health & Fitness
- Self-Care & Personal Joy
- Productivity & Time Management
- Work & Career Growth
- Finance & Money Management
- Relationships & Social Life
- Parenting & Family Life
- Home & Environment
- Personal Growth & Learning
- Spirituality & Inner Peace

**Get
Started
NOW**

Phase 1: The Foundation (Days 1-35)

- Choose up to 5 life areas from your Blueprint and focus on gradual improvement.
- Replace 5 bad habits with 5 good ones—start small and build gradually, week by week.
- Once your new habits feel natural, gradually add more—only at a pace that feels sustainable.
- Track progress, reflect, and adjust as needed.
- Declutter something every day. Focus on:

Weeks 1-2: Physical clutter

Week 3: Digital clutter

Week 4: Mental clutter + Create a morning routine

Week 5: Emotional clutter + Create an evening routine

Phase 2: Building Momentum (Days 36-63)

- Keep working on your good habits from phase 1, add more as you see fit.
- Use habit stacking—attach new habits to existing ones to make them stick.
- Challenge limiting beliefs. Replace negative thoughts with positive ones.
- Fine-tune what works, drop what doesn't, and solidify your strongest habits.

Phase 3: The Final Phase (Days 64-90)

- Master & sustain habits—make them a natural part of your life.
- Step outside your comfort zone. Challenge yourself to go further.
- Create a post-challenge plan to stay motivated and continue growing.

Tracking & Reflection

- ✦ **Print a new habit tracker each week** to stay accountable.
- ✦ **Check in weekly**—what's working?
What needs tweaking?
- ✦ **Celebrate small wins**—every step forward counts!

