



90-DAY GLOW UP CHALLENGE

workbook



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Welcome to Your 90-Day Glow Up Challenge Workbook

This workbook is your personal guide to transforming your habits, mindset, and daily routines over the next 90 days. Designed to help you gain clarity, track your progress, and create meaningful change, it will support you every step of the way as you work toward becoming the best version of yourself.

Change does not happen overnight, but small, intentional actions can create lasting transformation. This challenge is structured to guide you step by step, starting with self-reflection and goal-setting before moving into daily habit-building, decluttering, and mindset shifts. Each phase is designed to be achievable, helping you build momentum and confidence as you go.

This is your opportunity to finally become the person you have always wanted to be. Use this workbook as a tool to stay committed, focused, and inspired throughout the 90 days. The only thing standing between you and your glow-up is action—let's begin.

The Organizing Team

organizingtipsandtricks.com



My
90-DAY
Blueprint



Self-Discovery

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?

Life Areas to Focus On

Health & Fitness

- Physical well-being
- Nutrition & diet
- Exercise & movement
- Sleep quality
- Hydration
- Energy levels

Relationships & Social Life

- Strengthening family bonds
- Quality time with partner or friends
- Building deeper connections
- Active listening & communication skills
- Setting healthy boundaries
- Making time for social activities

Self-Care & Personal Joy

- Doing things that bring happiness
- Prioritizing rest & relaxation
- Hobbies & creative activities
- Treating yourself with kindness
- Creating a morning/evening routine
- Self-expression & confidence building

Parenting & Family Life

- Strengthening parent-child relationships
- Being present with kids
- Teaching kids healthy habits
- Creating family traditions
- Managing parenting stress
- Balancing parenting with personal life

Productivity & Time Management

- Prioritizing important tasks
- Avoiding procrastination
- Time blocking & scheduling
- Reducing distractions
- Creating daily routines
- Staying organized

Work & Career Growth

- Improving job performance
- Career advancement & skill-building
- Work-life balance
- Professional networking
- Side projects or business goals
- Finding purpose & job satisfaction

Personal Growth & Learning

- Reading, taking courses, or self-education
- Setting personal growth goals
- Expanding comfort zone & trying new things
- Developing new skills
- Overcoming limiting beliefs
- Working on personal development

Spirituality & Inner Peace

- Meditation & deep reflection
- Exploring personal beliefs & values
- Practicing faith or spirituality
- Connecting with nature
- Finding meaning & purpose in life
- Letting go of resentment & practicing forgiveness

Home & Environment

- Decluttering & organization
- Creating a comfortable space
- Household management
- Digital decluttering
- Sustainable & mindful living
- Making home a stress-free zone

Mindfulness & Mental Well-Being

- Reducing stress & anxiety
- Practicing gratitude
- Self-awareness & emotional regulation
- Meditation & relaxation techniques
- Reducing negative self-talk
- Journaling for clarity

Finance & Money Management

- Budgeting & tracking expenses
- Saving & investing
- Reducing unnecessary spending
- Building financial security
- Paying off debt
- Learning about financial literacy



Which areas of my life need the most improvement? (Rank from 1-11: Health, Productivity, Mindfulness, Relationships, Work, Finance, Self-Care, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____



Focusing on your top 5 areas, what small but impactful changes can I make in each of these areas?

1. _____

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2. _____

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3. _____

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4. _____

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5. _____

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Commitment Plan

How will I stay accountable? (Tracking, journaling, sharing progress, check-ins?)

What challenges might come up, and how will I overcome them?

What is my motivation for doing this challenge? (Write a personal mission statement.)



Phase 1

THE FOUNDATION

Building New Habits
& Clearing Out the Clutter



What to Expect in This Phase

- ✓ Focus on up to 5 life areas and make small, sustainable changes.
- ✓ Replace 5 bad habits with 5 good ones—starting small to ensure they stick. As the weeks go by, build on these habits and gradually add new ones when the first ones start feeling natural.
- ✓ Declutter something every day—starting with physical clutter and moving through digital, mental, and emotional clutter week by week.
- ✓ Track progress, reflect, and adjust to stay on course.
- ✓ Introduce a morning routine in Week 4 and an evening routine in Week 5, making small changes to build sustainable habits.
- ✓ Print out a fresh habit tracker each week to stay organized and track your progress consistently.

Building Your New Habits (Gradual Change for Lasting Success)

The key to making habits stick is starting small and building up gradually. Instead of jumping straight into an intense routine, take manageable steps that allow your mind and body to adjust naturally.

Examples of Small Habit Changes That Stick:

Waking up earlier – If you currently wake up at 8:00 AM but want to wake up at 7:00 AM, start by waking up at 7:45 AM in Week 1, then 7:30 in Week 2, and gradually work your way to 7:00 AM by the end of Phase 1.

Starting an exercise routine – If you want to work out three times a week but currently don't exercise at all, start by working out once a week in Week 1 doing something fun (dancing, walking, yoga). In Week 2, increase to two workouts, then in Week 3 or 4, reach your goal of three times a week.

Celebrate Small Wins

Building new habits takes time, but every small step counts.

- ✓ If you missed a day, don't give up—just start again.
- ✓ Track your streaks and progress to stay motivated.
- ✓ Celebrate your wins—even small improvements deserve recognition.

Habit Tracker

HABIT :	MON	TUE	WED	THU	FRI	SAT	SUN
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Week 1: Setting the Foundation

Focus: Work towards making positive changes in the top 5 life areas you identified in the Pre-Challenge Prep Phase.

Habits: Replace 5 bad habits with 5 good ones—but keep the changes small and realistic.

Decluttering: Physical clutter—declutter something daily, whether it's a drawer, a closet, or a whole room.

Reflection at the End of Week 1:

- Which new habits feel easy?
- Which ones are harder to stick with?
- What has decluttering helped me with so far?

Quick Physical Decluttering Wins:

- ✓ Get rid of 5 items you no longer use or love.
- ✓ Clean out your purse, backpack, or wallet.
- ✓ Declutter your nightstand or bedside table for a calming space.
- ✓ Donate or toss one piece of clothing that no longer fits your style.

Week 2: Strengthening Your Foundation

Focus: Maintain and build on the Week 1 habits—if you feel confident with them, consider expanding slightly.

Habits: Keep tracking progress, making small improvements where possible.

Decluttering: Continue physical clutter decluttering—tackle areas that need more attention.

Reflection at the End of Week 2:

- Which habits feel natural now?
- Where do I need to make adjustments?
- How does my physical space feel now compared to Day 1

Quick Physical Decluttering Wins:

- ✓ Organize one kitchen cabinet or pantry shelf.
- ✓ Get rid of old or unused beauty/skincare products.
- ✓ Declutter your bathroom counter or shower area.
- ✓ Recycle or donate books, magazines, or papers you no longer need.

Week 3: Digital Decluttering & Habit Growth

Focus: Keep refining habits—add small improvements to the ones that feel natural. If ready, add more habits and routines at a manageable pace.

Habits: Continue tracking and maintaining daily consistency.

Decluttering: Shift focus to digital clutter—clean out emails, files, apps, social media, and digital distractions.

Reflection at the End of Week 3:

- What digital distractions can I reduce?
- How has decluttering my digital space impacted my focus?
- How do I feel about my habits so far?

Quick Digital Decluttering Wins:

- ✓ Unsubscribe from 5 email lists.
- ✓ Delete 10 unused files or apps.
- ✓ Organize your desktop and phone home screen.
- ✓ Clean up your social media—unfollow accounts that no longer serve you.

Week 4: Clearing Mental Clutter & Creating a Morning Routine

Focus: Continue strengthening habits while tackling mental clutter and introducing a morning routine.

Morning Routine: Identify small, meaningful habits that help you start the day with clarity and intention.

Decluttering: Reduce mental clutter—brain dump thoughts, manage stress, and cut down on unnecessary commitments.

Need inspiration? You can find all the information you need to design your morning routine on the Organizing Tips and Tricks website.

Reflection at the End of Week 4:

- How does decluttering my thoughts help me feel more focused?
- What small habits can I add to my morning routine to improve my day?
- How can I simplify my mornings to make them more intentional and stress-free?

Quick Mental Decluttering Wins:

- ✓ Journal for 5 minutes to release overwhelming thoughts.
- ✓ Reduce social media/news consumption for a day.
- ✓ Set boundaries around time-wasting activities.
- ✓ Let go of one unfinished project that no longer serves you.

Week 5: Clearing Emotional Clutter & Creating an Evening Routine

Focus: Continue habits while addressing emotional clutter and establishing an evening routine.

Evening Routine: Create a wind-down routine that promotes relaxation and better sleep.

Decluttering: Let go of emotional baggage—release past regrets, toxic influences, and self-doubt.

Need inspiration? You can find all the information you need to design your evening routine on the Organizing Tips and Tricks website.

Reflection at the End of Week 5:

- What emotions or thoughts do I need to let go of?
- How can I create an evening routine that actually helps me relax?
- What distractions keep me up at night, and how can I remove them?

Quick Emotional Decluttering Wins:

- ✓ Write a letter to yourself letting go of something from the past.
- ✓ Forgive someone or yourself for something unresolved.
- ✓ Distance yourself from negative energy—social media, people, or commitments.
- ✓ Identify one fear that holds you back and challenge it.





Phase 2

BUILDING MOMENTUM

Strengthening Habits, Refining
Routines & Mindset Shifts



What to Expect in This Phase

Now that you've established strong foundations in Phase 1, it's time to:

- ✓ Strengthen the habits and routines you've built.
- ✓ Increase consistency—refining what works and adjusting what doesn't.
- ✓ Use habit stacking to make new habits easier to stick with.
- ✓ Challenge limiting beliefs and work on mindset shifts.
- ✓ Track progress, reflect, and make adjustments along the way.

Habit Stacking: The Key to Effortless Growth

What is Habit Stacking?

Instead of trying to form new habits from scratch, you attach them to habits you already have. This makes them easier to remember and helps them become part of your daily routine without extra effort.

Examples of Habit Stacking:

- ✓ After I brush my teeth, I will drink a glass of water.
- ✓ Before I start work, I will take three deep breaths.
- ✓ While waiting for my coffee to brew, I will do 10 squats.
- ✓ After I check my planner, I will write down one thing I'm grateful for.

For the next couple of weeks, experiment with habit stacking by attaching small positive habits to existing routines.

Think
Positive
♥

Week 6: Strengthening & Refining Habits

Focus: Build consistency with the habits you started in Phase 1.

Adjustments: If something isn't working, tweak it instead of giving up.

Implementation: Use habit stacking to make new habits effortless.

How to Strengthen Your Habits

- If a habit feels inconsistent, ask yourself why. Are you trying to do too much at once? Does it need a trigger to remind you?
- If a habit feels easy, build on it. If you've consistently worked out once a week, try twice. If you're drinking more water, set a bigger goal.
- If a habit isn't working, adjust it. Instead of dropping it completely, scale it back and make it easier to follow.

Reflection at the End of Week 6:

- What habits are working well, and which ones need adjustments?
- How can I make my habits easier to follow?
- What habit can I improve by stacking it onto something I already do?

Week 7: Optimizing Your Morning & Evening Routines

Focus: Optimize your morning and evening routines for better results.

Adjustments: What's working? What isn't? Remove what feels unnecessary.

Implementation: Test small routine tweaks to improve flow and effectiveness.

Morning Routine Adjustments:

- ✓ What's the first thing you do when you wake up? Does it set the right tone for your day?
- ✓ Do you rush through your mornings? If so, what small change could make it smoother?
- ✓ What's one habit you could add to make your mornings feel more productive and intentional?

Evening Routine Adjustments:

- ✓ Are your evenings relaxing or filled with distractions?
- ✓ What helps you sleep better, and what interferes with your rest?
- ✓ What's one wind-down habit you can add to signal to your body that it's time to rest?

Reflection at the End of Week 7:

- What's the best part of my morning and evening routines?
- What slows me down or feels unnecessary?
- How can I simplify my routines while keeping them effective?

Week 8: Overcoming Limiting Beliefs

Focus: Recognize and challenge thoughts that hold you back.

Adjustments: Replace negative self-talk with positive, growth-focused thinking.

Implementation: Identify one limiting belief and reframe it this week.

How to Challenge Limiting Beliefs:

“I’m bad at sticking to habits.” → “I’m learning how to be consistent.”

“I always fail when I try new things.” → “Every setback teaches me something valuable.”

“I’ll never be productive.” → “I can improve my focus by making small adjustments.”

Mindset matters. The way you talk to yourself shapes your actions and results.

Reflection at the End of Week 8:

- What self-limiting beliefs have held me back in the past?
- How can I reframe them to support my growth?
- What’s one positive belief I want to reinforce?

Week 9: Evaluating Progress & Adjusting

Focus: Assess your progress and make any final adjustments before Phase 3.

Adjustments: Identify what habits need reinforcement or modifications.

Implementation: Set a clear action plan for the next phase.

What This Week Is About:

- ✓ Reviewing what feels automatic and what still needs work.
- ✓ Adjusting habits and routines to fit your lifestyle better.
- ✓ Recognizing your biggest wins and areas for growth.

Reflection at the End of Week 9:

- What habits and routines have become effortless?
- Where do I still struggle, and how can I improve?
- What changes will I make going into Phase 3?





Phase 3

THE FINAL PHASE

Mastering Habits, Pushing Limits &
Preparing for Life After the Challenge



What to Expect in This Phase

You've built strong habits, created routines, and made lasting changes. Now it's time to:

- ✓ Master and solidify your habits so they feel natural and automatic.
- ✓ Step outside your comfort zone and challenge yourself in new ways.
- ✓ Build self-trust and confidence to maintain your progress beyond the challenge.
- ✓ Create a post-challenge plan to stay motivated and continue growing.

Instead of following a set week-by-week plan, you will focus on three key areas to shape your final transformation.

Focus Area 1: Mastering & Strengthening Your Habits

By now, many of your habits should feel more natural. But there may still be a few that need adjustment. This is the time to refine and reinforce what's working and let go of what isn't.

Steps to Strengthen Your Habits:

- Identify which habits feel automatic and which still require effort.
- Fine-tune routines—adjust timing, structure, or habit triggers if needed.
- Use habit tracking to maintain momentum.
- Eliminate unnecessary steps in routines to make them as smooth as possible.

Ask yourself:

- ✓ What habits feel effortless now?
- ✓ What still feels like a struggle, and why?
- ✓ How can I simplify my routines to make them work better for me?



Focus Area 2: Stepping Outside Your Comfort Zone

True transformation happens when you challenge yourself in new ways. This is the time to push past self-imposed limits and see what you're truly capable of.

Ways to Push Yourself Further:

- Do something you've been avoiding—a task, project, or conversation.
- Increase the difficulty of a habit—run a little longer, wake up a little earlier, focus for longer periods.
- Say yes to an opportunity that excites but scares you.
- Break a fear-based pattern—whether it's social anxiety, fear of failure, or self-doubt.

Ask yourself:

- ✓ What is one thing I've been afraid to do that I know would help me grow?
- ✓ How can I challenge myself without overwhelming myself?
- ✓ What would my future self thank me for doing today?

Focus Area 3: Preparing for Life After the Challenge

The goal isn't just to complete these 90 days—it's to continue growing beyond them. This is your time to create a long-term success plan so your glow-up doesn't fade once the challenge is over.

Steps to Sustain Your Progress:

- Review your biggest wins and lessons learned from the past 90 days.
- Decide which habits and routines you want to keep as part of your daily life.
- Set a new goal to keep yourself motivated after the challenge.
- Create a check-in system—whether weekly or monthly—to stay accountable.

Ask yourself:

- ✓ What are the most important changes I've made?
- ✓ How can I make sure I don't fall back into old habits?
- ✓ What's my next step after the 90 days?



Final Reflection & Celebration

You've made it through 90 days of transformation, and now it's time to look back, celebrate your progress, and step forward with confidence.

Take a moment to reflect on your journey:

- ✓ How have I changed mentally, physically, and emotionally?
- ✓ What am I most proud of accomplishing during this challenge?
- ✓ What habits or routines have had the biggest impact on my life?
- ✓ What challenges did I overcome that once felt impossible?
- ✓ How do I feel compared to Day 1?

Celebrating Your Wins

Transformation isn't just about reaching goals—it's about recognizing your effort, resilience, and commitment. Every milestone, big or small, is worth celebrating.

Ways to Celebrate Your 90-Day Glow-Up:

- Write a letter to yourself describing how far you've come and what you're proud of.
- Take a before-and-after reflection photo or journal entry to compare your mindset from Day 1 to now.
- Share your journey with friends, family, or your online community.
- Treat yourself to something meaningful—a self-care day, a new book, or something that symbolizes your growth.
- Create a post-challenge plan to keep the momentum going and set new goals.

Looking Ahead: The Glow-Up Never Ends

This challenge may be coming to an end, but your growth, confidence, and momentum don't have to stop here.

Ask yourself:

- ✓ What's the next step in my journey?
- ✓ How can I continue challenging myself and stepping outside my comfort zone?
- ✓ What habits and routines do I want to maintain long-term?
- ✓ How will I hold myself accountable moving forward?

The glow-up isn't just about these 90 days—it's about continuously evolving, improving, and showing up as your best self. Keep going and keep growing.