

# The 30 Glow Challenge

## *Daily Tasks*

- 1 Drink 1 extra glass of water
- 2 Declutter your nightstand
- 3 5-minute gratitude journal
- 4 Take a walk outside (5–10 mins)
- 5 Compliment yourself in the mirror
- 6 Delete 20 old emails
- 7 Make your bed perfectly
- 8 Stretch for 5 minutes
- 9 Plan your tomorrow (3 priorities)
- 10 Clean out your purse/backpack
- 11 Unfollow 5 negative accounts
- 12 Declutter 1 small drawer
- 13 5-minute meditation
- 14 Make a healthy meal/snack
- 15 List 3 wins from this week
- 16 10-minute digital declutter (phone apps)
- 17 Compliment someone else
- 18 Light a candle and breathe deeply
- 19 Write a letter to your future self
- 20 Organize your desktop (computer)
- 21 Smile at a stranger
- 22 Don't check your phone for the first 30 minutes after waking up.
- 23 Organize your favorite cozy corner
- 24 Journal 3 reasons you're proud of yourself
- 25 Move your body however feels good (dance, yoga, anything)
- 26 Plan a fun mini goal for next month
- 27 Screenshot your week plan (or journal it)
- 28 Declutter 5 pieces of clothing
- 29 Write down 5 dreams for your future
- 30 Celebrate yourself – small treat, rest, joy!

# Track Your Glow-Up Progress

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