

# 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*

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