



The
Glow Up
Method

90-DAY TRANSFORMATION CHALLENGE

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Welcome to Your *90-Day Glow Up*

This workbook is your personal guide to transforming your habits, routines, and mindset over the next 90 days.

Real change doesn't happen overnight. It happens through small, consistent actions repeated day after day.

- Build powerful daily habits
- Clear physical, digital, and mental clutter
- Create routines that support the life you want
- Strengthen your focus, discipline, and confidence
- Design a life that feels more intentional and aligned

You don't need to be perfect to complete this challenge. You only need to keep showing up.

Small steps lead to big change.

Your glow up starts today.

The Organizing Tips and Tricks Team

ORGANIZINGTIPSANDTRICKS.COM

Start Date: _____

The Glow-Up Reset

YOUR COMMITMENT TO A 90-DAY TRANSFORMATION

Before beginning the challenge, take a moment to reset your mindset.

The next 90 days are an opportunity to build better habits, create supportive routines, and move closer to the life you want.

But real change requires commitment.

Over the next 90 days, I promise to:



Show up every day with a positive mindset, even when things feel challenging.



Dedicate time regularly to focus on my growth and personal goals.



Trust the process and follow through with the steps of the challenge.



Practice consistency, discipline, and self-compassion.



Remember that progress matters more than perfection.

I am choosing to begin now.

Over the next 90 days, I am committing to investing in myself, my habits, and my future.

Small steps repeated consistently will lead to powerful transformation.

Signed: _____

Date: _____

How the Glow Up Challenge Works

The 90-Day Glow Up Challenge is designed to help you transform your life through small, consistent changes.

Over the next 90 days, you will focus on **five core actions**.

THE 5 CORE RULES

1. **Replace 5 Bad Habits with 5 Good Habits**

Choose five habits that no longer serve you and gradually replace them with habits that support the life you want.

2. **Declutter Something Every Day**

Clear physical, digital, mental, and emotional clutter to create space for growth and clarity.

3. **Build a Morning Routine**

Create a simple routine that helps you start your day with focus, intention, and energy.

4. **Build an Evening Routine**

End your day in a calm and intentional way that supports rest, reflection, and consistency.

5. **Reflect Weekly and Adjust**

At the end of each week, reflect on what is working, what needs adjustment, and how you want to improve moving forward.

Small Steps Create Big Change

You do not need to be perfect to complete this challenge.

What matters most is showing up, making small improvements, and staying consistent.

Over time, these small daily actions will create meaningful transformation in your habits, your environment, and your mindset.

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Your 90-Day Blueprint

Design the foundation for your transformation.

In the next section, you will reflect on your life, identify what matters most, and create a clear vision for the changes you want to make over the next 90 days.

Small, intentional choices made today will shape the person you become tomorrow.

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Self-Discovery

Before creating your plan for the next 90 days, take a moment to reflect on the person you want to become.

Real change begins with clarity. The more honest you are in this step, the more powerful your transformation will be.

Who do I want to become over the next 90 days?

What truly matters most to me in life?

(Examples: health, family, growth, peace, creativity, freedom)

What currently brings me the most happiness?

If the next 90 days go well, how will my life feel different?

Strengths & Areas for Growth

Everyone has strengths they can build on and areas where they want to improve.

Understanding both will help you create realistic goals and make the most of the next 90 days.

What are my strongest qualities?

(Things you are proud of, skills you have, or traits others appreciate about you.)

What habits or behaviors are currently holding me back?

What skills or habits would I like to improve?

What strengths can I rely on during this challenge?

Life Areas Assessment

Before deciding what to focus on during the challenge, take a moment to evaluate different areas of your life.

You don't need to change everything at once. The goal is simply to notice where you feel most satisfied and where you would like to improve.

Rate each area based on how satisfied you currently feel.

Life Areas

Health & Energy Very satisfied Satisfied Neutral Needs improvement

Mental & Emotional Well-Being Very satisfied Satisfied Neutral Needs improvement

Productivity & Time Management Very satisfied Satisfied Neutral Needs improvement

Home & Environment Very satisfied Satisfied Neutral Needs improvement

Finances Very satisfied Satisfied Neutral Needs improvement

Relationships Very satisfied Satisfied Neutral Needs improvement

Personal Growth & Learning Very satisfied Satisfied Neutral Needs improvement

Hobbies & Joy Very satisfied Satisfied Neutral Needs improvement

Which areas feel most important for me to improve right now?

Your Top 5 Focus Areas

In the previous exercise, you reflected on different areas of your life.

Now it's time to choose the five areas you want to focus on improving during the next 90 days.

Remember: you don't need to improve everything at once. Focusing on a few important areas will create the biggest impact.

My Top 5 Focus Areas

1. _____
2. _____
3. _____
4. _____
5. _____

Why are these areas important to me?

How could improving these areas change my life?

Small Changes Plan

Big transformations happen through small, consistent actions.

For each of your focus areas, think about one small change you could start during the challenge.

These actions don't need to be perfect. The goal is simply to take small steps in the right direction.

Focus Area 1

Small change I want to start: _____

Focus Area 2

Small change I want to start: _____

Focus Area 3

Small change I want to start: _____

Focus Area 4

Small change I want to start: _____

Focus Area 5

Small change I want to start: _____

Commitment Plan

The next 90 days are an opportunity to create meaningful change in your life.

Challenges may arise, and some days will feel easier than others. What matters most is your commitment to keep moving forward.

Take a moment to think about why this challenge matters to you and how you will stay committed to your goals.

Why is this challenge important to me?

What obstacles might I face during these 90 days?

How will I stay committed when things feel difficult?

One promise I want to make to myself during this challenge:

Phase 1

Reset Your Life

In the first phase of the challenge, you will focus on creating space and building strong foundations.

Over the next five weeks, you will begin replacing old habits, clearing different types of clutter, and creating routines that support the life you want to live.

Small changes made consistently will begin shaping a new direction for your life.

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What to Expect in Phase 1

The first phase of the challenge is about creating space and building strong foundations.

Instead of trying to change everything at once, you will focus on small daily improvements that gradually transform your habits, environment, and routines.

During the next five weeks, you will work on replacing old habits, clearing different types of clutter, and building routines that support your goals.

The Focus of Phase 1

- **Build Better Habits**

You will begin replacing five habits that no longer support your life with five habits that move you closer to the person you want to become.

- **Declutter Your Environment**

Each week you will focus on clearing a different type of clutter — physical, digital, mental, and emotional — creating space for clarity and growth.

- **Create Supportive Routines**

You will begin building a morning routine and an evening routine that help you start and end your days with intention.

Progress Over Perfection

You do not need to complete everything perfectly.

The goal of this phase is simply to show up consistently and make small improvements each day.

Over time, these small actions will begin creating meaningful change in your life.

Habit Tracker

During the challenge, you will replace five habits that no longer support your life with five habits that move you closer to the person you want to become.

Use this tracker to keep track of your progress each day.

Consistency matters more than perfection. Simply do your best to show up each day.

My 5 Habits

1. _____
2. _____
3. _____
4. _____
5. _____

Weekly Habit Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 1 — Laying the Foundation

Welcome to the first week of your 90-Day Glow Up Challenge.

This week is about starting small and building momentum. You will begin working on your new habits and start clearing physical clutter from your environment.

Remember: progress matters more than perfection.

Focus for This Week

- **Start Your 5 Habits**
Begin practicing the five habits you chose earlier. Small steps are enough — consistency is what matters.
- **Declutter Physical Items**
Each day this week, remove or organize one item or small area in your home.
- **Notice Your Progress**
Pay attention to how small improvements begin changing your environment and your mindset.

My Intentions for This Week

What physical clutter could I start clearing this week?

Week 1 Reflection

Take a moment to reflect on your first week of the challenge.

Even small steps forward are progress. Use this page to notice what went well and how you want to continue improving.

What went well for me this week?

Which habits felt easiest to start?

What challenges did I face?

What is one thing I want to improve next week?

Week 2 – Strengthening Habits

You have completed your first week of the challenge. Now it's time to continue building momentum.

This week focuses on strengthening the habits you started and continuing to clear physical clutter from your environment.

Remember that habits take time to build. What matters most is consistency, not perfection.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you started last week. Even small daily actions help reinforce these new behaviors.
- **Keep Decluttering Physical Items**
Continue removing or organizing items in your home. Small daily efforts will gradually create a calmer and more supportive environment.
- **Notice Your Progress**
Take time to recognize the changes you are already making. Awareness of progress helps strengthen motivation.

My Intentions for This Week

What physical areas could I continue improving this week?

Week 2 Reflection

You are now two weeks into the challenge. Take a moment to reflect on the progress you've made so far.

Even small improvements in your habits and environment can create meaningful change over time.

What progress have I noticed in my habits?

What improvements have I made in my environment?

What has felt most challenging so far?

What is one thing I want to focus on improving next week?

Week 3 – Digital Decluttering

By now you have started building new habits and improving your physical environment.

This week, the focus shifts to digital clutter. Cleaning up your digital space can reduce stress, improve focus, and make your daily life feel more organized.

Continue practicing your habits while taking small steps to simplify your digital world.

Focus for This Week

- **Continue Your 5 Habits**

Keep practicing the habits you started during the first weeks of the challenge. Consistency is what helps habits become part of your daily life.

- **Declutter Your Digital Space**

Each day this week, choose a small digital area to organize. This could be your email inbox, phone apps, files on your computer, or photos.

- **Create a Clearer Digital Environment**

A simple and organized digital space can help you focus on what truly matters.

My Intentions for This Week

What digital clutter could I start clearing this week?

Week 3 Reflection

You are now three weeks into the challenge. Take a moment to reflect on how things are going.

Small improvements in your habits and environment can have a powerful impact over time.

How have my habits developed so far?

What improvements have I made in my digital environment?

What has helped me stay consistent?

What is one thing I want to improve in the coming week?

Week 4 — Mental Decluttering & Morning Routine

You have already worked on improving your habits, clearing physical clutter, and simplifying your digital environment.

This week, the focus shifts to mental clarity and starting your day with intention.

By reducing mental clutter and creating a supportive morning routine, you can begin each day feeling calmer, more focused, and more in control.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you started earlier in the challenge. Consistency will help them become part of your daily life.
- **Reduce Mental Clutter**
Take time to clear your mind by writing things down, setting boundaries around distractions, and letting go of unnecessary stress.
- **Begin Creating a Morning Routine**
Start building a simple morning routine that helps you begin the day with clarity, energy, and purpose.

My Intentions for This Week

What could I include in my morning routine?

Week 4 Reflection

You are now halfway through Phase 1 of the challenge.

Take a moment to reflect on the changes you have made so far and how they are affecting your daily life.

Small improvements in habits, environment, and mindset can gradually create meaningful transformation.

How have my habits improved during the past weeks?

What changes have I noticed in my mindset or mental clarity?

What part of my morning routine is working well?

What is one thing I want to focus on improving next week?

Week 5 — Emotional Decluttering & Evening Routine

During the past weeks, you have worked on building new habits and clearing physical, digital, and mental clutter.

This week, the focus shifts to emotional clarity and ending your day with intention.

By letting go of emotional weight and creating a calming evening routine, you can give yourself space to rest, reflect, and recharge.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you have been building throughout the challenge.
- **Let Go of Emotional Clutter**
Take time to reflect on thoughts, worries, or emotions that may be weighing on you. Writing things down can help create clarity and release tension.
- **Create an Evening Routine**
Begin building a simple evening routine that helps you wind down and prepare for restful sleep.

My Intentions for This Week

What could I include in my evening routine?

Week 5 Reflection

You have now completed the first phase of the 90-Day Glow Up Challenge.

During the past five weeks, you began building new habits, cleared different types of clutter, and started creating routines that support your life.

Take a moment to reflect on the progress you've made so far.

Which habits are starting to feel more natural?

What changes have I noticed in my environment or daily life?

What have I learned about myself during Phase 1?

What am I most proud of so far?

Phase 2

Build Your System

You have created strong foundations during the first phase of the challenge.

In Phase 2, the focus shifts to strengthening your habits, refining your routines, and building systems that support the life you want to live.

By continuing to show up consistently, your new habits will begin to feel more natural and sustainable.

What to Expect in Phase 2

You have already created important foundations during the first phase of the challenge.

In Phase 2, the focus shifts to strengthening the habits you've started and refining the routines that support your daily life.

Instead of adding many new things, you will focus on consistency, improvement, and building simple systems that help your habits last long term.

The Focus of Phase 2

- **Strengthen Your Habits**

Continue practicing the habits you started earlier in the challenge. With repetition, these habits will begin to feel more natural and easier to maintain.

- **Use Habit Stacking**

Habit stacking means attaching a new habit to something you already do. This makes new habits easier to remember and integrate into your routine.

- **Refine Your Routines**

Take time to adjust your morning and evening routines so they work well for your lifestyle.

- **Improve Your Mindset**

This phase also focuses on recognizing and challenging limiting beliefs that may hold you back.

Progress Builds Confidence

The more consistently you practice your habits, the more confidence you build in your ability to create change.

Small improvements made each day continue shaping the person you are becoming.

Habit Stacking

Building new habits can sometimes feel difficult when you try to remember them throughout the day.

One simple way to make habits easier is by using a technique called habit stacking.

Habit stacking means attaching a new habit to something you already do regularly. This makes the new habit easier to remember and helps it become part of your daily routine.

How Habit Stacking Works

Instead of starting a new habit from scratch, you connect it to an existing habit.

After I [current habit], I will [new habit].

Examples of Habit Stacking:

- After I brush my teeth, I will drink a glass of water.
- After I make my morning coffee, I will review my daily priorities.
- After I finish dinner, I will spend five minutes tidying my space.

Try Creating Your Own Habit Stacks

After I _____, I will _____.

After I _____, I will _____.

After I _____, I will _____.

After I _____, I will _____.

Week 6 – Strengthening Habits

You are now entering the second phase of the challenge. By this point, you have already begun building several new habits and creating a more supportive environment.

This week focuses on strengthening those habits and making them more consistent.

Small adjustments can make a big difference. If something feels difficult, try simplifying it rather than giving up.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you started earlier in the challenge. Consistency will help them become part of your daily life.
- **Use Habit Stacking**
Attach new habits to actions you already do every day. This can make habits easier to remember and maintain.
- **Make Small Adjustments**
If a habit feels difficult to maintain, simplify it or adjust how you practice it so it fits better into your routine.

My Intentions for This Week

What habit could I strengthen or improve this week?

Week 6 Reflection

You are now more than halfway through the challenge.

Take a moment to reflect on how your habits and routines are developing.

Consistency over time is what creates lasting change.

Which habits feel more natural now?

What habit stacking strategies worked well for me?

What adjustments helped my habits become easier?

What is one habit I want to continue strengthening next week?

Week 7 — Optimizing Morning & Evening Routines

By now you have started building both a morning routine and an evening routine.

This week is about refining those routines so they better support your daily life.

Small adjustments can help your routines feel smoother, more intentional, and easier to maintain.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you have been building throughout the challenge.
- **Refine Your Morning Routine**
Think about what helps you start the day with clarity, focus, and energy. Adjust your routine so it works well for your lifestyle.
- **Refine Your Evening Routine**
Consider what helps you relax and prepare for rest. A simple and calming evening routine can improve sleep and reduce stress.

My Intentions for This Week

What small change could improve my routines?

Week 7 Reflection

You have now spent several weeks building habits and refining your routines.

Take a moment to reflect on how your morning and evening routines are supporting your daily life.

What parts of my morning routine are working well?

What parts of my evening routine help me relax and prepare for rest?

What adjustments have helped my routines feel more natural?

What is one improvement I want to make next week?

Week 8 – Overcoming Limiting Beliefs

Our thoughts have a powerful influence on our actions.

Sometimes we carry beliefs about ourselves that make change feel harder than it needs to be. These beliefs might sound like:

“I’m not disciplined enough.” “I never stick to habits.” “I always give up.”

This week focuses on recognizing these limiting beliefs and replacing them with more supportive ones.

Focus for This Week

- **Continue Your 5 Habits**
Keep practicing the habits you have been building throughout the challenge.
- **Notice Your Self-Talk**
Pay attention to the way you talk to yourself when something feels difficult.
- **Challenge Limiting Beliefs**
When a negative thought appears, try replacing it with a more helpful perspective.

Example:

“I’m bad at routines” → “I am learning how to build better routines.”

My Intentions for This Week

One belief I want to replace:

Old belief: _____

New belief: _____

Week 8 Reflection

This week you focused on recognizing and challenging limiting beliefs.

Our thoughts shape how we approach challenges, habits, and growth.
Reflect on what you noticed about your mindset this week.

What limiting belief did I notice this week?

How did I challenge or reframe that belief?

What new belief or mindset do I want to strengthen?

How has my mindset changed since starting this challenge?

Week 9 – Evaluating Progress

You are now nearing the final phase of the 90-Day Glow Up Challenge.

This week is about reviewing your progress and making small adjustments before the final phase begins.

By taking time to evaluate what is working and what could improve, you can strengthen the habits and routines that support your life.

Focus for This Week

- **Continue Your 5 Habits**

Keep practicing the habits you have been building throughout the challenge.

Review Your Progress

- Take time to notice which habits and routines are becoming easier and which still require more attention.

Make Adjustments

- If something is not working well, consider how you could simplify or adjust it so it fits better into your daily life.

My Intentions for This Week

What habits or routines could I improve before the final phase?

Week 9 Reflection

You have now completed the second phase of the 90-Day Glow Up Challenge.

During the past weeks, you have strengthened your habits, refined your routines, and worked on developing a more supportive mindset.

Take a moment to reflect on the progress you have made before moving into the final phase of the challenge.

Which habits now feel most natural in my daily life?

What routines or systems are supporting my life the most?

What changes have I noticed in my mindset or confidence?

What do I want to focus on during the final phase of the challenge?

Phase 3

Become Your Future Self

You have already built habits, cleared space in your life, and created systems that support your daily routines.

In this final phase, the focus shifts to strengthening what you have built and continuing to grow with confidence.

This is the stage where your new habits, routines, and mindset begin to feel like a natural part of who you are.

What to Expect in Phase 3

You have reached the final phase of the 90-Day Glow Up Challenge.

During the past weeks, you have built new habits, cleared space in your life, and created routines that support your goals.

In this final phase, the focus shifts to strengthening what you have built and continuing your personal growth beyond the challenge.

Instead of following weekly tasks, you will focus on three key areas that help you integrate the changes you've made into your daily life.

The Focus of Phase 3

- **Master Your Habits**

Take time to strengthen the habits you have developed during the challenge. Notice which ones feel natural and which ones may still need small adjustments.

- **Step Outside Your Comfort Zone**

Growth often happens when we challenge ourselves. This phase encourages you to try something new, face a fear, or take a step that moves you forward.

- **Prepare for Life After the Challenge**

Think about how you can continue the progress you've made. Consider which habits and routines you want to maintain long term.

Keep Moving Forward

The goal of this challenge is not only to improve your life for 90 days, but to build habits and systems that support you far beyond it.

Every small improvement you continue to make helps shape the future you are creating.

Mastering Your Habits

Over the past weeks, you have worked on building new habits and creating routines that support your life.

This is the time to strengthen those habits so they feel more natural and sustainable.

Instead of adding many new things, focus on maintaining the habits that have helped you the most and refining the ones that still feel challenging.

Reflect on Your Habits

Which habits have become part of my daily routine?

Which habits still require more effort?

What small adjustment could make these habits easier to maintain?

Which habits do I want to keep as part of my long-term lifestyle?

Stepping Outside Your Comfort Zone

Growth often happens when we try things that feel slightly uncomfortable or unfamiliar.

During the past weeks, you have already taken steps to improve your habits and routines. Now is an opportunity to challenge yourself in new ways.

This doesn't have to be something extreme. Even small actions that push you beyond your usual patterns can help build confidence and momentum.

Reflect on New Possibilities

What is something I have been avoiding that could help me grow?

What small step could I take to challenge myself?

How could stepping outside my comfort zone improve my life?

What is one action I want to take during this phase?

Preparing for Life After the Challenge

You are nearing the end of the 90-Day Glow Up Challenge.

The purpose of this challenge was never just to improve your life for 90 days. The goal is to help you create habits, routines, and systems that continue supporting you long after the challenge ends.

Take a moment to think about how you want to carry these changes forward.

Looking Ahead

Which habits do I want to continue practicing?

What routines have helped me the most?

How will I stay consistent after the challenge ends?

What is one new goal I want to work toward next?

Final Reflection

You have now completed the 90-Day Glow Up Challenge.

Over the past three months, you have worked on improving your habits, clearing clutter from different areas of your life, building routines, and developing a stronger mindset.

Take a moment to reflect on the journey you have completed.

Final Reflections

How have I changed during the past 90 days?

What accomplishment am I most proud of?

Which habits or routines have had the biggest impact on my life?

How do I feel now compared to when I started this challenge?

Celebrate Your Glow Up

Completing this challenge is an achievement.
Over the past 90 days, you have taken small, intentional steps to improve your habits,
routines, and mindset.

Take a moment to recognize how far you've come.

Celebrate Your Progress

What am I most proud of from this journey?

What positive changes do I notice in my life today?

How will I continue growing from here?

Remember

Your glow up does not end here.

The habits, routines, and mindset you have built can continue shaping your life long after
this challenge is complete.

Keep showing up for yourself and keep moving forward.