

# 30 Days of Glow-Up

..... Ordinary & Happy .....

<b>1</b> Have a DIY spa evening at home	<b>2</b> Write 5 things in a gratitude journal	<b>3</b> Have a bubble bath	<b>4</b> Declutter your closet	<b>5</b> Write down 5 things you love about yourself
<b>6</b> Create a simple morning routine	<b>7</b> Try meditating for 10 minutes	<b>8</b> Have a movie night	<b>9</b> Try out a new outfit	<b>10</b> Create a simple evening routine
<b>11</b> Get a haircut (if needed)	<b>12</b> Have a DIY mani-pedi	<b>13</b> Exfoliate and moisturize	<b>14</b> Try a hydrating face mask	<b>15</b> Find your signature scent/fragrance
<b>16</b> Organize your office/home office	<b>17</b> Try a sleep tracker	<b>18</b> Declutter your digital devices	<b>19</b> Create a personalized skincare routine	<b>20</b> Try a DIY hair mask
<b>21</b> Go for a 30-minute walk	<b>22</b> Create a vision board for your goals	<b>23</b> Check your posture	<b>24</b> Do your favorite workout or outdoor activity	<b>25</b> Try a new hobby
<b>26</b> Enjoy some outdoor time and sun	<b>27</b> Smile in the mirror	<b>28</b> Journal	<b>29</b> Refresh your accessories	<b>30</b> Celebrate yourself