

December Glow-Up

..... Ordinary & *Happy*

- Journal and reflect on 2025.
- Get more sleep if needed.
- Make a list of things that make you happy.
- Set goals for 2026.
- Do something special for yourself.

- Make a list of your wins from this past year.
- Make a list of things you want to leave behind this year.
- Spend more time with the people you love.
- Make more time for your interests and hobbies.
- Take time to recharge when you need it.

- Have a pamper spa day at home.
- Get a massage.
- Have a bubble bath with seasonal scents.
- Try a face mask.
- Get a mani-pedi.

- Get a haircut if needed.
- Deep-condition your hair.
- Switch to a moisturizer that works for the season.
- Find your personal fragrance.
- Review your skincare routine.

- Try on a new outfit that makes you feel confident.
- Get a new accessory you like.
- Dress like the person you want to be.
- Declutter your closet.
- Declutter your bedroom.

- Try a new morning or evening routine.
- Move more (stretching, scenic walks, favorite active hobbies).
- Try some relaxing things (e.g., tea, cozy socks, scented candle).
- Hydrate.
- Try meal prepping.