Mini Glow-Up Ideas *to Try Before the Holidays*

Ordinary & Happy

1 Get a fresh haircut or try a new hairstyle.	2 Try a hydrating sheet mask in the evening.	3 Put together a couple go-to outfits for the holidays.	4 Try a deep-conditioning hair mask.
5 Exfoliate your lips and keep a good lip balm on the go with you.	6 Apply hand cream often if you live in a cold area.	7 Try a body scrub and seasonally scented body lotion.	8 Go for a short walk outside daily or as often as you can.
9 Declutter your closet to make room for holiday outfits & any clothes you might get as gifts.	10 Find a signature fragrance for the holidays.	11 Start a gratitude journal to bring a smile to your face.	12 Have a manicure & pedicure or have a spa night at home.
13 Declutter and organize your purse and restock on essentials (e.g., lip balm).	14 Try a new workout class or at-home fitness routine.	15 Take a few minutes to stretch in the mornings & evenings.	16 Refresh your wardrobe with a few new basics.
17 Get some new regular or festive pajamas.	18 Sleep, hydrate, and don't skip the self-care basics.	19 Create a playlist that will put you in a good mood whenever you listen to it.	20 Get one small thing for yourself every week that makes you feel good.