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# THE 7 DAY GLOW UP

Ideas for activities you can do in just a week to glow up

## FITNESS & HEALTH

- Drink enough water daily
- Schedule a week's worth of workouts (and do them)
- Remove all junk food from your pantry & grocery cart
- Eat at least one serving of fruits and veggies a day

## PHYSICAL APPEARANCE

- Wash your face in the morning and afternoon for 2 minutes
- Curate 2 outfits from your existing wardrobe that make you feel great
- Watch a YouTube makeup tutorial for your eye shape and follow along
- Purchase and begin to use a leave-in hair treatment
- Use 1 hair mask or deep conditioning treatment
- Do an at-home facial (at home or at a salon)
- Get a manicure (at home or at a salon)
- Toss old, expired, and disliked beauty items

## PERSONALITY AND MINDSET

- Set 3 90-day goals that are achievable, make a plan, and take the first step
- Call someone you care about you haven't talked to in a while
- Read two chapters of a book on a new and interesting topic
- Go on an "artist's date" with yourself (google it for ideas)