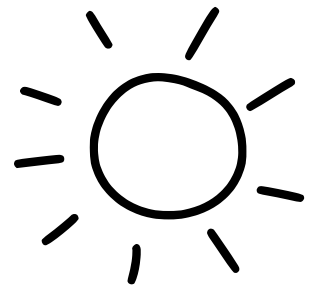
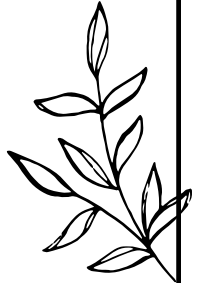


Summer



Glow-Up checklist



complete all within 30 days for an amazing glow up!

Physical Glow Up

- Exercise 5x a week
- Do yoga
- Dance
- Get good quality sleep
- Eat something healthy
- Drink enough water
- Take a bath

Social Glow Up

- Talk to a stranger
- Help someone
- Participate in an event
- Organize an event with friends
- Cut out toxic relationships
- Try digital abstinence

Emotional Glow Up

- Read a new book
- Sing or practice an instrument
- Donate to a charity
- Clean shower and/or bathtub
- Laugh
- Meditate consistently

Lifestyle Glow Up

- Learn to say no
- Spend time in nature
- Observe silence
- Self-Reflect
- Say positive things

60 Second Switch

