



Feminine

GLOW-UP



CHECKLIST

Self-Care & Wellness



- ☐ Drink 8+ glasses of water daily.
- ☐ Prioritize 7-9 hours of beauty sleep.
- ☐ Stretch or do light movement every morning.
- ☐ Create a calming night routine (candles, skincare, journaling).
- ☐ Spend time outdoors daily for fresh air & vitamin D.
- ☐ Read or listen to uplifting content daily.



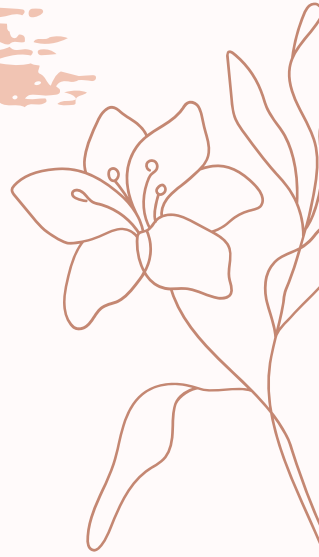
Beauty & Elegance



- ☐ Follow a simple, effective skincare routine.
- ☐ Keep nails clean & polished (DIY or salon).
- ☐ Wear flattering, feminine outfits daily (even at home!).
- ☐ Smell amazing – find a signature scent.
- ☐ Apply a touch of lip balm, gloss, or lipstick daily.
- ☐ Maintain good posture for a confident presence.



Confidence & Glow-Up Mindset



- ☐ Speak kindly to yourself – practice affirmations.
- ☐ Walk with grace & confidence.
- ☐ Set daily intentions & express gratitude.
- ☐ Engage in meaningful conversations (avoid gossip).
- ☐ Romanticize small moments in your day.
- ☐ Do something daily that makes you feel beautiful.



Social Grace & Elegance



- ☐ Speak with kindness & warmth in conversations.
- ☐ Maintain good communication in relationships (texts, calls, in-person).
- ☐ Carry yourself with poise & grace in social settings.
- ☐ Send thoughtful messages or small gestures to loved ones.
- ☐ Avoid unnecessary drama & gossip—protect your peace.
- ☐ Listen to uplifting music.





Thank
You