

# 30 DAY GLOW UP CHALLENGE

<b>#1</b> Drink Enough Water	<b>#2</b> Practice Daily Gratitude	<b>#3</b> Complete a Strength Training Workout	<b>#4</b> Improve Daily Skin Care	<b>#5</b> Increase Time Spent Outdoors	<b>#6</b> Read a Book	<b>#7</b> Eat Whole Foods
<b>#8</b> Social Media Detox	<b>#9</b> Daily Affirmations	<b>#10</b> Stretch	<b>#11</b> Connect With a Friend or Loved One	<b>#12</b> Get Enough Sleep	<b>#13</b> Try a Daily Smoothie	<b>#14</b> Work on Posture
<b>#15</b> Say No	<b>#16</b> Change an Expression	<b>#17</b> Improve Your Oral Hygiene	<b>#18</b> Reach for a Healthy Snack	<b>#19</b> Journal	<b>#20</b> Pray or Meditate	<b>#21</b> Create a Budget
<b>#22</b> Call a Family Member	<b>#23</b> Take a Daily Probiotic	<b>#24</b> Volunteer	<b>#25</b> Write a Thank You Note	<b>#26</b> Take a Walk with a Significant Other	<b>#27</b> Take a Minute to Pause and Breathe	<b>#28</b> Switch Out a Caffeinated Beverage
<b>#29</b> Pick a Form of Self-Care You Enjoy	<b>#30</b> Set a Personal Goal					