

30 day glow-up reset

III

INTRO

BEFORE

DAILY

HABITS

WEEKLY RESET

AFTER

RESET

REFERENCE

intro

This planner is designed to help you reset your routine in a simple, realistic way over the next **30 days**. You don't need to follow everything perfectly — the goal is **consistency, not perfection**.

Start with the **Before** page and take a moment to be honest about how you feel right now and what you want to change. This sets your starting point.

Use the **Daily Pages** to guide your days. Focus on your top 3 priorities, take care of basics like skincare, movement, and hydration, and choose one small “glow action.” In the evening, check in with yourself — even a small win counts.

Use the **Habit Tracker** to stay consistent with a few key habits over the 30 days — keep it simple, a few things done regularly matter more than doing everything at once.

At the end of each week, use the **Weekly Reset** to reflect on what worked, what didn't, and what you want to adjust.

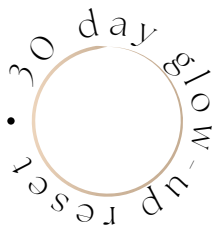
If you fall off track, use the **Reset Page** — you don't need to start over, just pick it back up.

After 30 days, return to the **After** page and reflect on what changed, not just visually but in how you feel and function day to day.



You'll also have access to NOVA — your Glow-Up AI Coach. You can use it anytime you feel stuck, unmotivated, or unsure what to do next, whether it's planning a simple meal, choosing a workout, or deciding what to focus on. NOVA understands how this planner works and can guide you within its structure. To use it, you'll need a ChatGPT account. The feature is completely optional, and your conversations are private.

This is **your** system. Adjust it to your life and keep it simple enough that you'll actually use it.



index

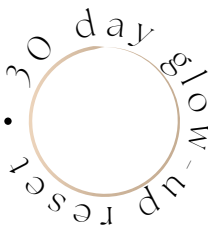
INTRO

BEFORE

DAILY GLOW-UPS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

HABIT TRACKER



WEEKLY RESET

week 1

week 2

week 3

week 4

AFTER

RESET



before



how do I feel right now?

- ☐ tired
- ☐ overwhelmed
- ☐ unmotivated
- ☐ okay
- ☐ stuck

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why do I feel this way?

- ☐ my routine is inconsistent
- ☐ I don't take time for myself
- ☐ I feel out of control
- ☐ I'm tired most of the time
- ☐ I don't like how I look / feel

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what do I want to change?

- ☐ my body
- ☐ my routine
- ☐ my energy
- ☐ my mindset
- ☐ my habits

- ☐ my confidence

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how do I want to feel in 30 days?

- ☐ confident
- ☐ calm
- ☐ in control
- ☐ energized
- ☐ consistent

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I'm ready to start!

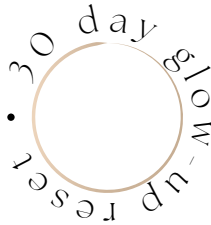
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daily

glow-ups



1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30



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top 3 priorities:

glow up action:

today I will...

skin care

a.m. skin care

p.m. skin care

movement:

type:

time:

goal:

food focus

protein

whole foods

low sugar

B

L

D

S

check-in

water

sleep

mood

energy

evening check

did I show up today?

yes

no

one win:



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water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

evening check

did I show up today? ☐ yes ☐ no

one win: _____



date: _____

affirmation: _____

top 3 priorities:

☐

☐

☐

glow up action:

today I will...

skin care

a.m. skin care

☐

☐

☐

☐

p.m. skin care

☐

☐

☐

☐

movement:

type: _____

time: _____

goal: _____

☐

☐

food focus

☐ protein ☐ whole foods ☐ low sugar ☐

B _____

L _____

D _____

S _____

check-in

water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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B

L

D

S

check-in

water

sleep

mood

energy

evening check

did I show up today?

yes

no

one win:



HABIT:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

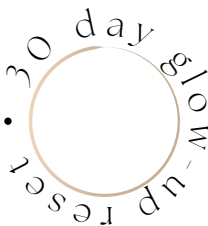
weekly reset

week 1

week 3

week 2

week 4



weekly reset

how did this week feel?

great	good	ok	off	hard
-------	------	----	-----	------

what worked?

-
-
-

what didn't work?

-
-
-

what will I adjust next week?

-
-
-

reset mindset

next week I'm focusing on:

- ☐ consistency
- ☐ energy
- ☐ routine
- ☐ discipline
- ☐ simplicity

- ☐
- ☐
- ☐
- ☐
- ☐



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- ☐
- ☐
- ☐
- ☐



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- ☐
- ☐
- ☐
- ☐
- ☐



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-------	------	----	-----	------

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-
-
-

what didn't work?

-
-
-

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-
-
-

reset mindset

next week I'm focusing on:

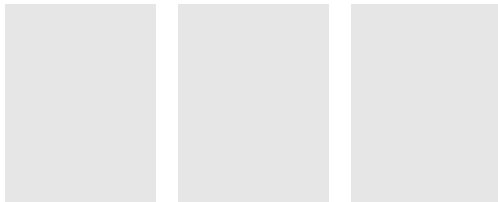
- ☐ consistency
- ☐ energy
- ☐ routine
- ☐ discipline
- ☐ simplicity

- ☐
- ☐
- ☐
- ☐
- ☐



after

30 days later



how do I feel right now?

- ☐ confident
- ☐ calm
- ☐ in control
- ☐ energized
- ☐ consistent

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

what has changed?

- ☐ my routine
- ☐ my energy
- ☐ my mindset
- ☐ my habits
- ☐ my body

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

what feels different in my daily life?

- ☐ I show up more consistently
- ☐ I feel better in my body
- ☐ I have more structure
- ☐ I take care of myself
- ☐

my biggest win:

what do I want to keep?

- _____
- _____
- _____

message to myself:



reset

“Missing a few days is normal.
You don't need to start over – just pick it back up.”

let's reset:

- ☐ drink water
- ☐ move your body (even 5–10 min)
- ☐ do your skincare
- ☐ choose 1 small task _____

mini re-alignment

- what matters right now? _____

tomorrow I will...

- _____
- _____

mindset shift

reminder

- ☐ progress > perfection
- ☐ consistency > intensity
- ☐ showing up is enough



HEX CODES

A9834F	E9D090	FEA711	52C5B5	407376	634873	D74373	FD7068	EF2026
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NOVA - YOUR AI GLOW-UP GUIDE

NOVA is your Glow-Up AI Coach — a custom ChatGPT model designed specifically for this planner and its 30-day reset system.

It understands how the planner works and helps you use it in a simple, practical way. You can use it anytime you feel stuck, unmotivated, or unsure what to do next — whether it's meals, movement, or daily focus.

The goal is to make decisions easier and help you stay consistent without overthinking.

NOVA supports the planner, but doesn't replace it.

To use it, you'll need a ChatGPT account. It's completely optional, and your conversations are private.

VIDEOS



I add videos with tutorials & tips as often as I can to my [YouTube](#) channel. I'll be happy to see you there!



From time to time I have great ideas. [Join the Digital Kingdom](#) for freebies & updates no one else gets. And maybe a bit of laughter.

Share
your
thoughts!

Your opinion matters. This planner was created for you! If you have ideas, suggestions or thoughts, [share](#) them with me to help it improve!

If and when you're ready, I'd love for you to [leave a review](#) - it helps other customers make the best decisions and small businesses (like myself) to grow



xoxo Tereza

