

December GLOW-UP!



- Disconnect from Social Media
- Request Vacation Time Off
- Take Free Lifebook Masterclass
- Read Richest Man in Babylon, Then Create 2022 Budget
- Write Daily in Gratitude Journal
- Weekly Teeth Whitening
- Weekly Facial Mask
- Exercise 3X Week
- Take Vitamins.
- Weekly Hair Growth Oil
- Holiday Pedicure & Manicure
- Eyebrows Threaded
- Drink Water
- Organize and Purge Clothes
- Send Holiday Cards
- One Therapy Session
- Write out Christmas List and Budget
- Mindful Holiday Spending

“IF YOU CHANGE,
EVERYTHING AROUND
YOU WILL CHANGE.”
- JIM ROHN

