

30 Day

Glow Up

Challenge

Beauty • Fitness • Confidence • Self-Care



Glow with Liliane

Introduction

This 30-day challenge is designed to help you feel healthier, more confident, more disciplined, and more at peace in your everyday life. Each day includes one simple challenge to help you glow up mentally, physically, and emotionally. Remember, you're not trying to reach perfection, no one is perfect. This is the start of your journey to becoming the best and happiest version of yourself!



30 Day Glow-Up Challenge

Week 1: Reset

Day 1: Take your “before” photo and write 3 glow-up goals.

Day 2: Clean and declutter your room or desk.

Day 3: No negative self-talk today — replace it with affirmations.

Day 4: Go to bed early and get a full night of sleep.

Day 5: Write a letter to your future self.

Day 6: Go on a peaceful walk and leave your phone in your pocket.

Day 7: Practice good posture all day.

Week 2: Body Glow Up

Day 8: Go on a 20-minute walk.

Day 9: Do a 10-minute ab workout.

Day 10: Eat a healthy breakfast with protein.

Day 11: Try a full-body stretch routine.

Day 12: Do a glute or leg workout.

Day 13: Swap soda for water or tea.

Day 14: Avoid mindless snacking

Week 3: Beauty Glow Up

Day 15: Create a simple everyday beauty routine.

Day 16: Exfoliate lips + use lip balm.

Day 17: Try an "everything shower."

Day 18: Wash pillowcases.

Day 19: Oil your hair or do a hair mask.

Day 20: Wear an outfit that makes you feel confident.

Day 21: Ice face in the morning.

Day 22: Learn a hairstyle that makes you feel put together.

Week 4: Confidence + Peace

Day 23: Journal 3 things you're grateful for

Day 24: Unfollow 10 accounts that don't inspire you.

Day 25: 10 minutes off your phone in the morning.

Day 26: Say no to something draining.

Day 27: List qualities you love about yourself

Day 28: Practice being present during one meal or walk

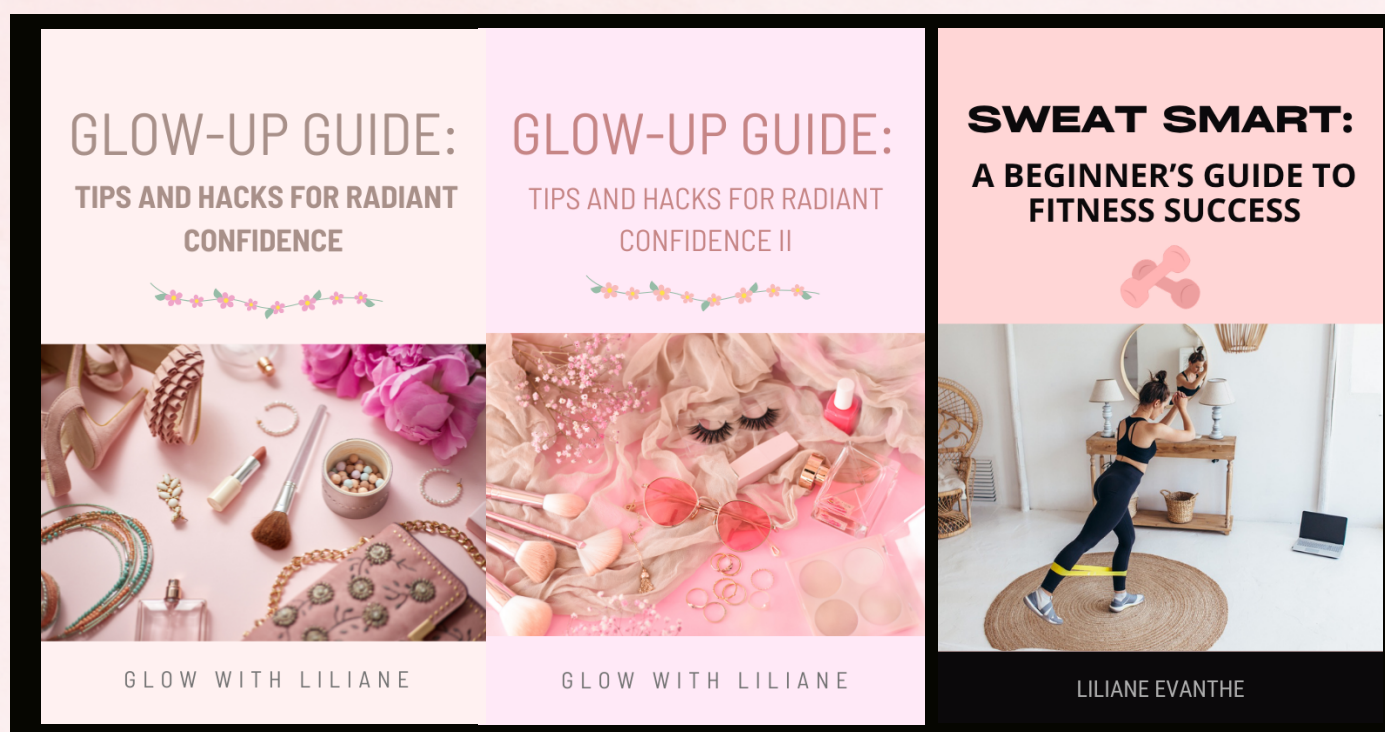
Day 29: Spend time journaling/praying.

Day 30: Take your "after" photo and reflect on your transformation.

Reflection Page

A series of 12 horizontal dotted lines for writing reflections.

Congrats on completing
30 Day Glow Up Challenge!



If you're looking to have the ultimate glow up, check out my ebooks dedicated to helping women achieve their most confident self!