

Project Glow Up

MY GLOW UP WORKBOOK



GLOW UP PLAN - PAGE 1

Introduction

To “Glow Up” means to elevate to a better version of yourself. It describes a reinvention brought on by personal changes, goal setting and hard work. The transformation starts within. However, the results are so drastic it causes others to see and take note.

There are so many things in life that bother us. Circumstance, world problems and people are all things we wish we could control. As difficult as it is to swallow though, we can't! The only person we are in complete control over is ourselves. The good news is we can influence those things by becoming a better version of ourselves. When we go to the next level, we inspire others to also go to the next level. That's one of the reasons why the greatest project we will ever work on is ourselves.

The Glow Up Plan Guide is your starting point to glowing up. Using the guide, you will set goals and map out improvements in four glow up areas:

- Beauty, Fashion & Makeup*
- Nutrition and Fitness*
- Dating, Relationships & Building a Social Life*
- Career Advancement & Communication Skills*

Let's get started!

BEAUTY, FASHION & MAKEUP - PAGE 2

Highlight Your Best Features: *One common mistake in starting the journey toward glowing up is exaggerating the things you dislike about yourself while overlooking the things you love about yourself. Think about your external appearance - hair, makeup and personal style. In the list below, jot down your 3 favorite physical features.*



BEAUTY, FASHION & MAKEUP - PAGE 3

Accentuate Your Best Features : *In the boxes below, write how you can make those areas even better.*

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BEAUTY, FASHION & MAKEUP- PAGE 4

Beauty Builder: *The traits you admire in others reveal a lot about yourself. Build your ideal look by jotting the names of your hair crush, makeup & skin crush and style crush. Underneath each name, glue photos in a collage style.*

Hair Crush



Makeup & Skin Crush

Style Crush

BEAUTY, FASHION & MAKEUP-PAGE 5

Beauty Plan: *Reflect on the beauty activities, and think about your next steps. Answer the questions to guide your thinking.*

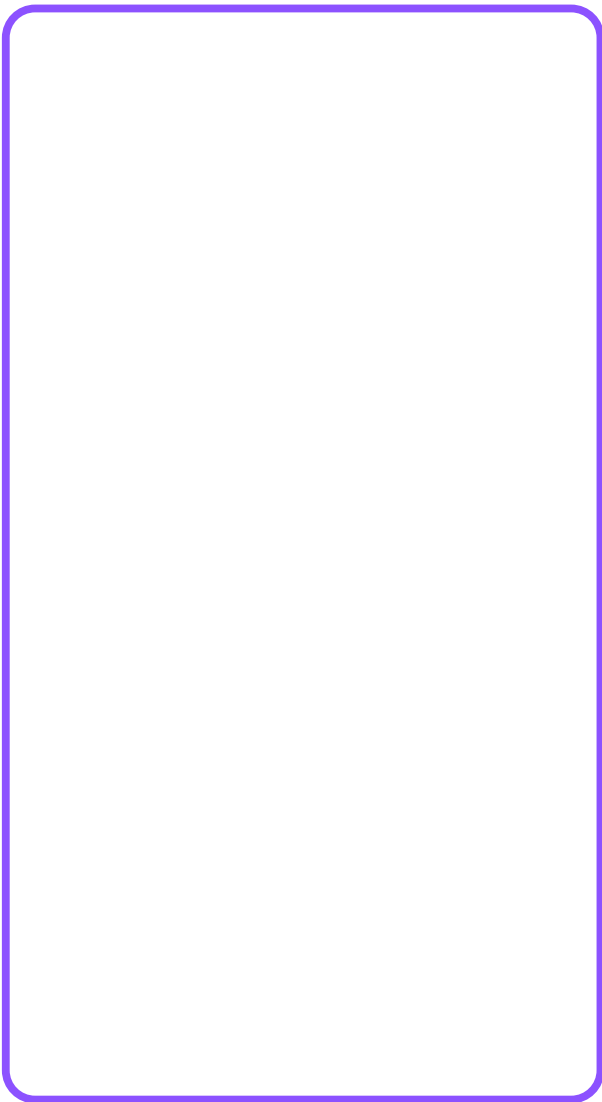
What do you think you need to do next? What is the most challenging part of that for you? On a scale of one to ten, what is the likelihood of your plan succeeding?

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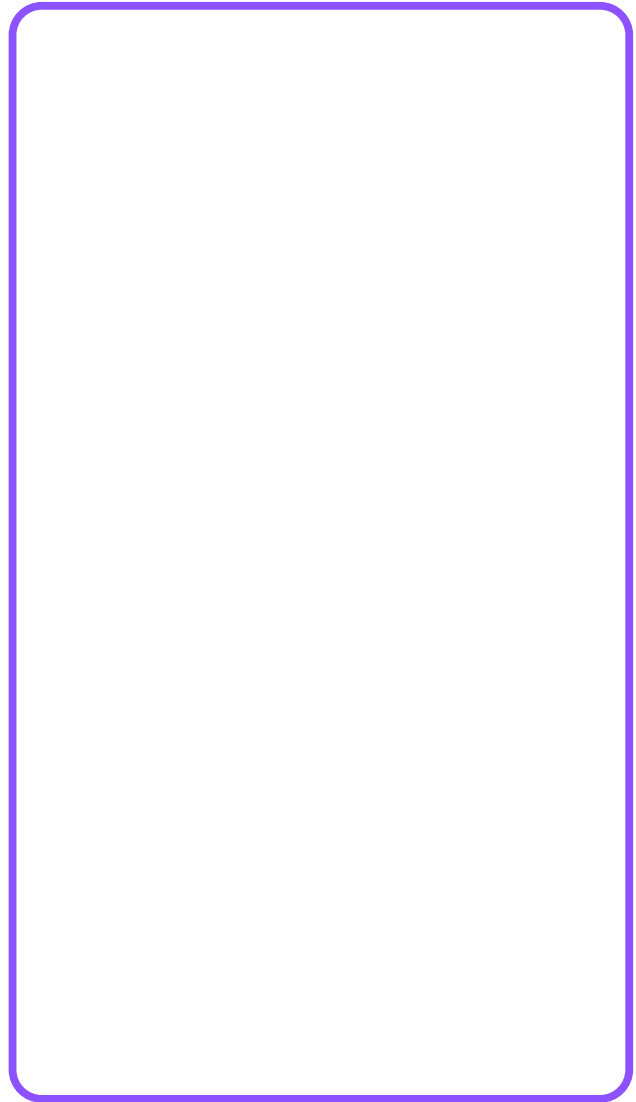
NUTRITION & FITNESS - PAGE 6

Nutrition and Fitness: *To brainstorm your nutrition and fitness goals, complete the then to now column activity below. On the then column, write old habits and mindsets you have that pertain to fitness that you would like to change. On the now column, write your "wish list" - new habits, mindsets and attitudes you have to have in order to glow up.*

then

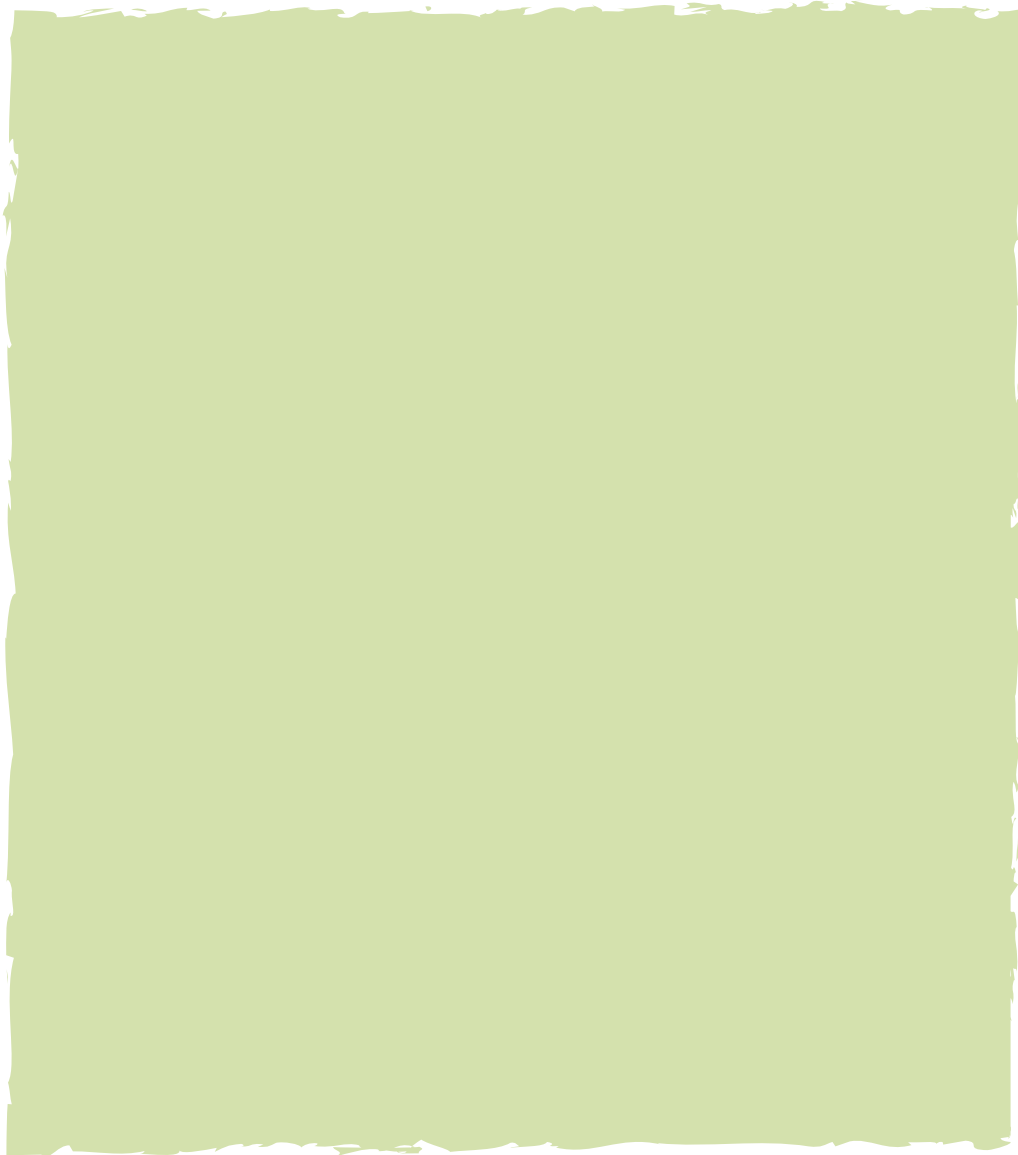
A large, empty rectangular box with a purple border, intended for writing old habits and mindsets.

now

A large, empty rectangular box with a purple border, intended for writing new habits, mindsets, and attitudes.

NUTRITION & FITNESS - PAGE 7

Nutrition & Fitness Goal Setting : Write 1-2 nutrition and fitness goals below. Keep the following questions in mind: How will you know when you've achieved your goal?
How will achieving your goal make your life better?



DATING, RELATIONSHIPS & SOCIAL -

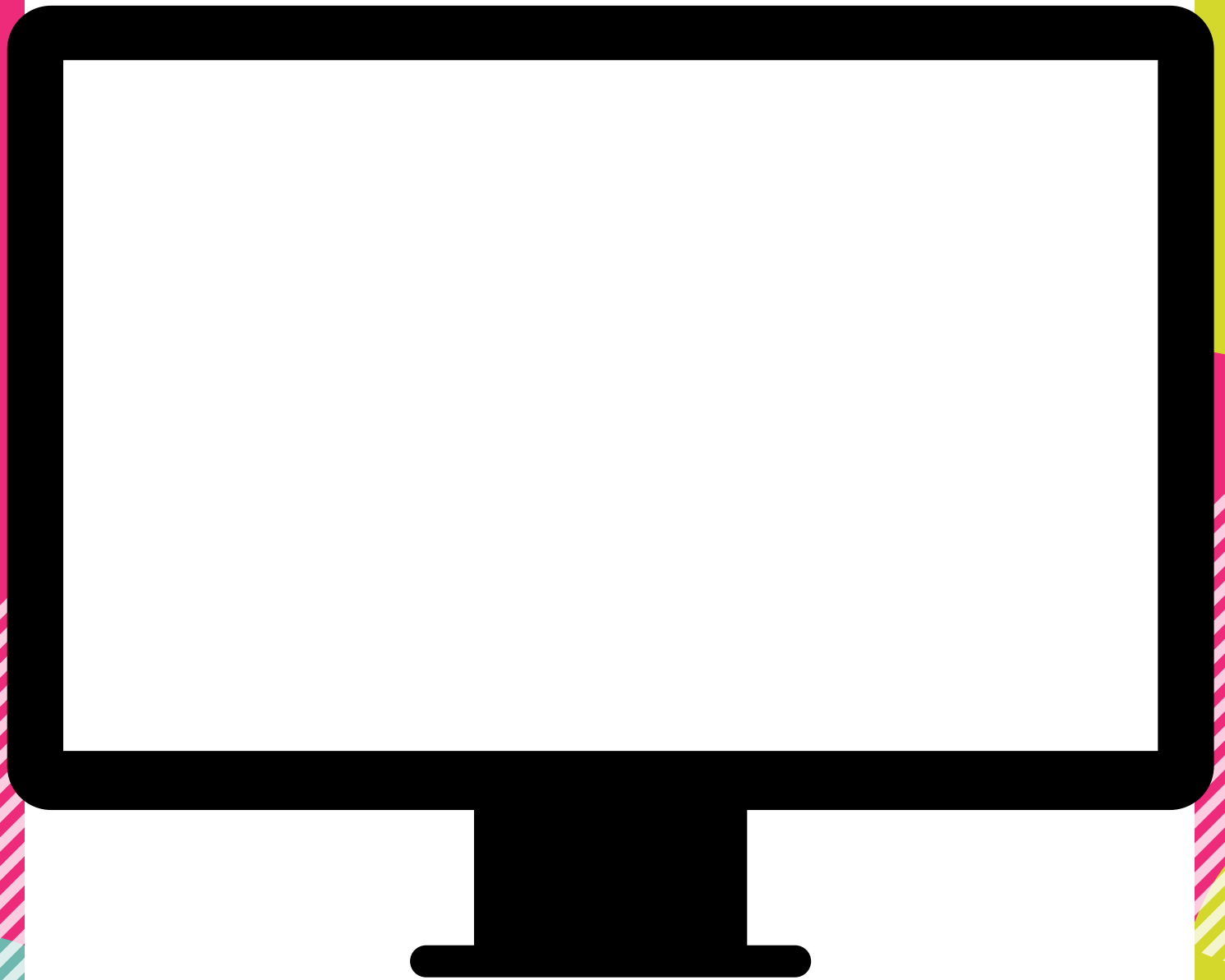
PAGE 8

Dating & Relationships: *Answer the following questions below to help you reflect on your relationships.*

1. Describe your marriage/relationship/social/dating life right now.
2. If you could have everything you want in your marriage/relationship/social/dating life in the next 6 months, what would that look and feel like? Write the details below and/or sketch & color a picture to represent those details.
3. What's preventing you from having this? How can you overcome those obstacles?
4. What steps can you take to achieve this?

CAREER & COMMUNICATION - PAGE 9

Career Rags to Riches Story: *Everyone loves a compelling rags to riches story. It inspires people to live their dreams. It shows them anything is possible. Crafting your own rags to riches story can have that same impact. Think about your career. Reflect on your career trajectory. What is your dream? Where do you want to be in 5 years? Write your own rag to riches story.*

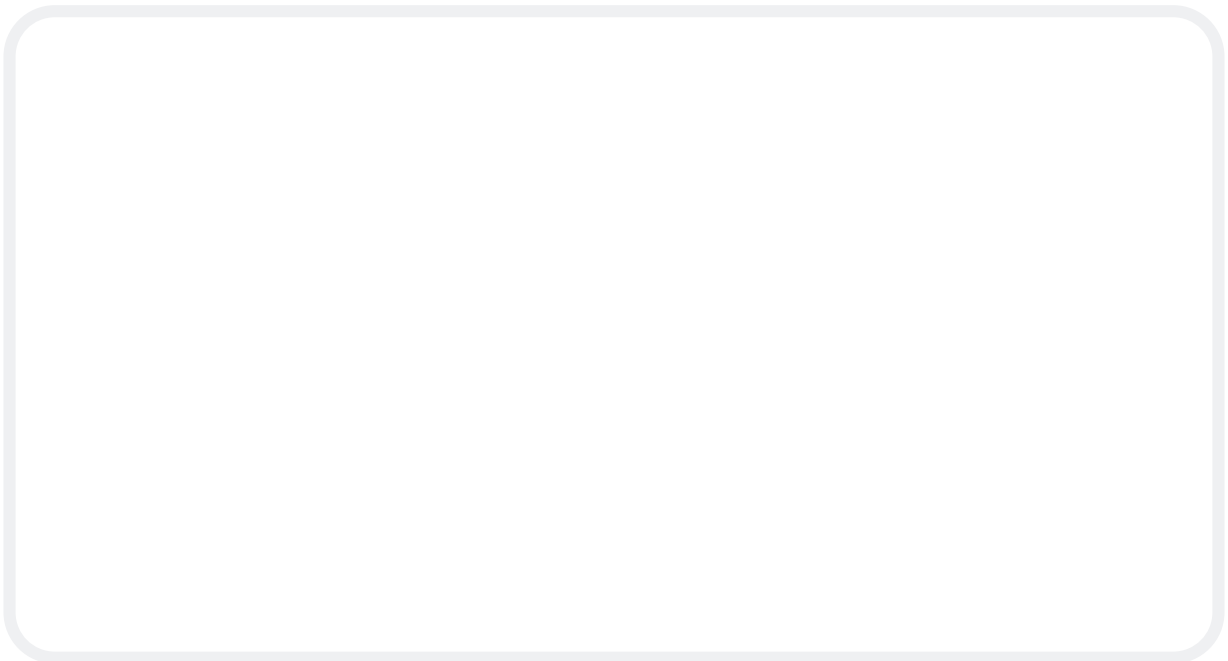
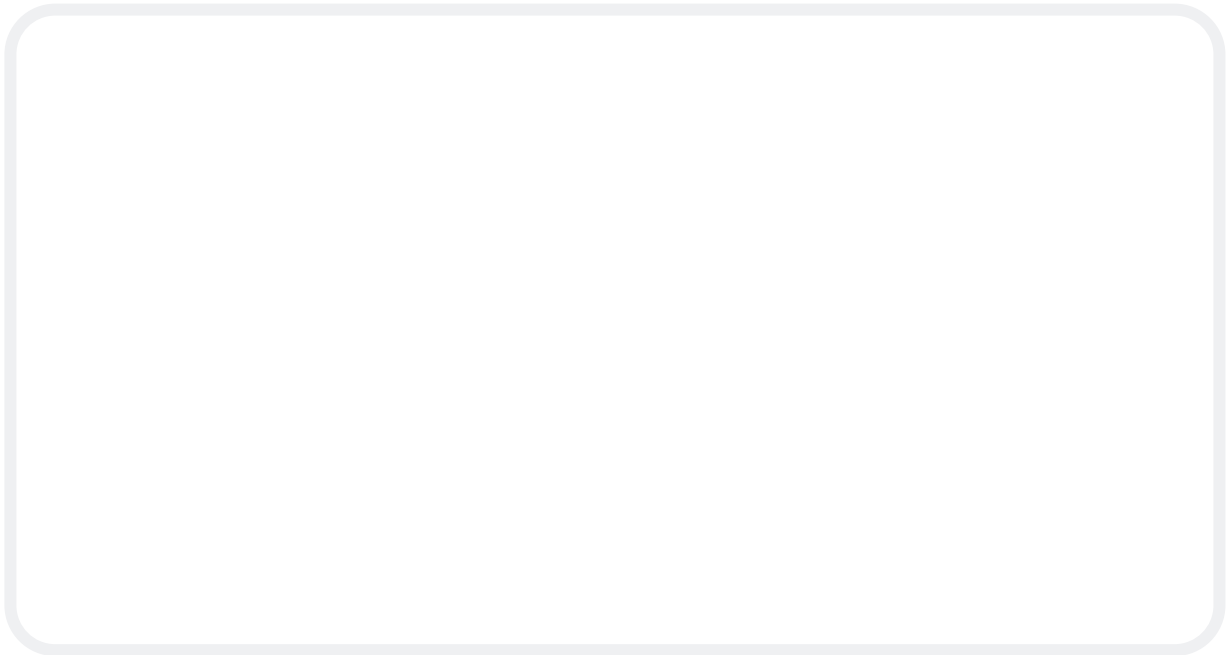


CAREER & COMMUNICATION - PAGE 10

Career Vision Statement: *Where would you like to be in your career in 5 years? Write a career vision statement describing how you see yourself reaching your vision. Write everything in the present tense, as if you already have accomplished it.*

GLOW UP PLAN - PAGE 11

Glow Up Goals - Now put it all together! Write one goal for each area. Then write a plan of action under each goal. A plan of action is a detailed outline of steps required to accomplish the goal.



GLOW UP PLAN - PAGE 12

Glow Up Goals Continued -

