

Glow Beauty Journal

The Soft Girl Sunday Reset Checklist

Mind Reset

- Reflect on the week without judgment
- Choose one intention for the week
- Write one thing you are grateful for

Home Reset

- Focus on hydration and barrier care
- Commit to daily SPF
- Drink water consistently

Daily Rhythm

- Tidy your main space
- Refresh bedding and open windows
- Clear clutter from your bag or desk

Self Care Reset

- Wash hair or reset skincare
- Apply face mask or treatment
- Lay out one outfit you love

Intentional Close

- Take a deep breath
- Release pressure
- Begin the week calm and supported

