

30
to Days
Glow

1 Welcome! Remember to download your guidebook, follow us on Instagram @thebeautychef and join our private Facebook group	2 Start your day with ten minutes of stretching	3	4 Get grounded by walking barefoot on grass	5	6 ON IGTV: Move with Fluidform Pilates' Kirsten King
7	8 How can you help someone else today?	9	10	11 Take five minutes to watch the clouds	12 ON IGTV: How to create a meditation practice with Jacqui Lewis
13 Don't forget the power of positive self-talk	14	15 Chew thoroughly—digestion begins in the mouth!	16	17	18 ON IGTV: Make a simple, nourishing meal with Sian Redgrave
19	20 Try a guided meditation app like Headspace	21	22 Have you had your GLOW today?	23	24 ON IGTV: Reflect with Beck Wadworth of An Organised Life
25	26	27 Limit screen time two hours before bed	28	29 Avoid eating when you're angry or stressed	30 Congratulations! We hope you're feeling radiant and refreshed