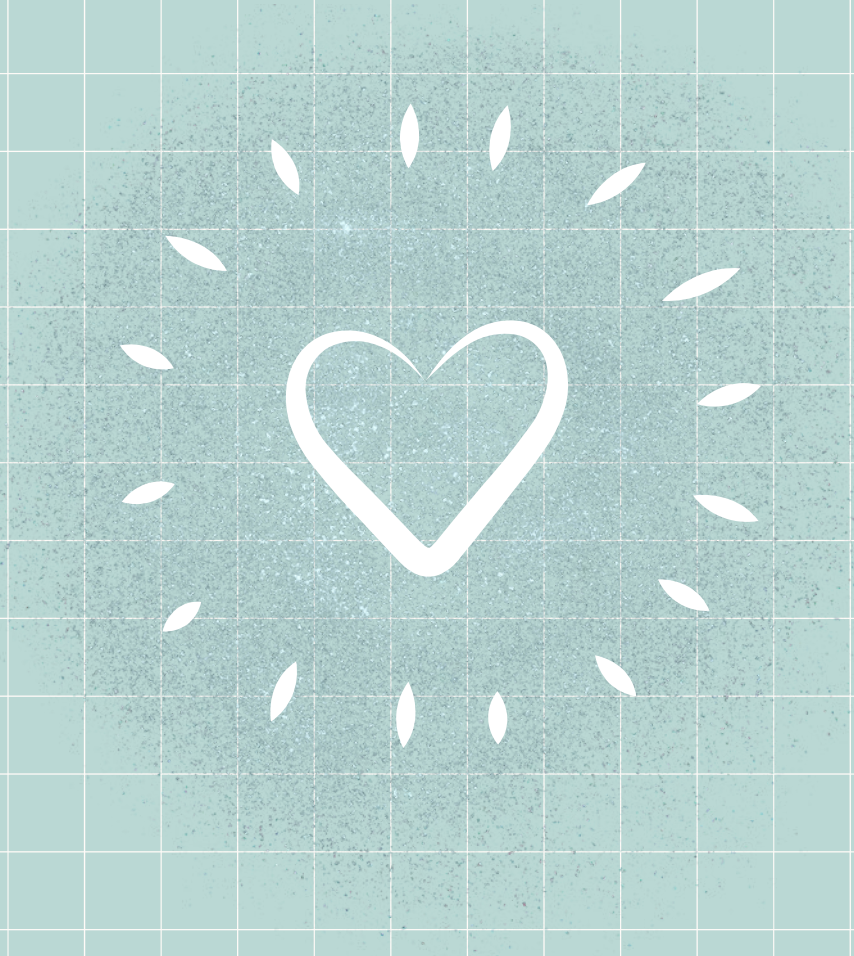

THE glow up METHOD

DPC Digitals

INDEX

This guide is designed to walk you through the Glow Up Method step by step. Each part builds on the last to help you create real, lasting change. Whether you're focused on routines, mindset, habits, or something deeper, you'll find practical tools and supportive prompts in every section. The index below gives you quick links to each part, so you can easily revisit what matters most whenever you need it.

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Glow Up (n.)

> *The process of becoming the most confident, energized, and aligned version of yourself - inside and out.*

Real Change Starts Here

You're here because something inside of you is ready for more.

Maybe you're feeling stuck or burnt out. Maybe you've tried to get it together a dozen times, but nothing seems to stick. Or maybe you're doing okay, but deep down you know you're meant to thrive, not just survive.

This guide is here to help you press reset on your habits, your mindset, your energy, and the way you show up for yourself.

The Glow Up Method isn't a makeover plan or a 30-day detox. It's a repeatable, flexible lifestyle system designed to help you build lasting change in a way that feels aligned, doable, and real. It's based on brain science, habit-building psychology, and the honest truth that motivation isn't enough - you need structure, rhythm, and the right kind of goals.

You'll learn how to:

- Set meaningful goals that aren't overwhelming
- Build daily routines that support who you're becoming
- Track your progress in a way that feels good - not punishing
- Pause and recalibrate when life gets messy (because it will)
- And most importantly - learn how to keep showing up for yourself

Whether you want more energy, clearer skin, better boundaries, or just to feel like yourself again, this is your starting point.

One month. One focus. One glow-up at a time.

Let's begin.

Welcome to the Glow Up Method

There comes a moment - sometimes after a rough week, an illness, or just a quiet urge for more - when you realize: it's time to reset.

That's where the Glow Up Method begins.

Not with a dramatic overhaul or a 30-day aesthetic sprint, but with a decision: to show up for yourself with intention. To create change, not just on the outside, but deep within.

This guide was born from my own glow-up journey, one I'm still very much in the middle of, and honestly, always will be. Because real self-love isn't about chasing perfection. It's about staying committed to your growth. Not because you're broken, but because you care enough to keep becoming. As I began taking my own transformation more seriously, I kept asking myself: Why isn't there a system for this?

We hear so much about self-care and self-love, but no one really teaches you how to actually do it. What does it look like in daily life? How do you build routines that stick? How do you make progress that actually feels good and aligns with the person you want to become?

That's what this method is designed to solve.

Here's something I believe in deeply: honesty. And the truth is, I'm still on this journey myself. I certainly don't have everything figured out, but this system has helped me stay focused, even on the days when I wanted to hit pause or even quit altogether. It's helped me find my why, reframe what success looks like, and remember that a glow-up is just as much about who you are becoming on the inside as how you show up on the outside. That's why I'm sharing it with you.

The Glow Up Method gives you both the structure and the tools to transform your life - one month, one goal, one intentional step at a time. Whether you're working on energy, mindset, habits, or physical wellness, this system helps you build a version of a glow-up that's sustainable, meaningful, and fully yours.

What Is A Glow Up?

Let's talk about what a glow up actually is, because it's probably not what you think.

This isn't about quick fixes or surface-level improvements. A glow up is a radical shift in how you see yourself - your mindset, your potential, and the belief that you can create the life you want, one small step at a time. Yes, there may be skincare routines, healthier habits, or physical goals along the way, but those are just tools. The real transformation is internal.

It's not about becoming someone else. It's about discovering the version of you that feels:

- Confident in who you are
- Energized by how you spend your time
- At peace with your body, mind, and progress

Glow Ups Come in Seasons, Milestones, and Mindsets

Glow ups aren't one-size-fits-all, and they don't follow a single path. Sometimes they're **seasonal**, riding the natural momentum of the time of year, like setting summer movement goals or creating a cozy winter skincare routine.

Other times, they're **milestone-based**, helping you work toward a measurable shift, like following a morning routine for 30 days or completing a fitness program.

And often, they're **ongoing**, part of a lifelong process of becoming. I believe you're either growing or you're stuck - and even the smallest forward motion matters.

This Is Your Glow Up – Not the World's

There's a lot of pressure out there about what transformation is supposed to look like. But let's be real: none of that matters if it doesn't feel true to you. Part of this journey is learning to tune out the noise and listen to your own voice.

Ask yourself:

> *What's the thing you know you've been putting off, but that you'd be most proud to accomplish?*

That's often where the real glow begins - not with ten pounds lost or perfect hydration, but with the quiet strength built from doing hard things and creating habits that align with your values. Because every time you show up, even when it's hard, you're proving something important to yourself: You were built for this. You were built to do hard things.

What You Can Expect From This Guide

This system is here to help you design your monthly reset with intention. You'll have space to:

- Set personal glow goals
- Build sustainable daily routines
- Track your energy and mindset (not just numbers)
- Reflect honestly - and adjust with compassion
- Celebrate your wins (big and small)

Glow Up: Solo Journey, Shared Support

No one else can do the work for you - but that doesn't mean you have to go it alone. Whether you find encouragement in a supportive community like the DPC groups, or stay inspired through planner check-ins and journaling, this guide will help you stay motivated through those hard moments when it feels like it would be easier to just quit.

One Last Thing

If you believe you can, you can. If you believe you can't - you're also right.

That mindset is the foundation of every glow up. Let's choose to believe in possibility. And then? Let's back it up with action.

Step 1: Define Your Glow Goals

Before any transformation happens, you have to get clear on what you're working toward - and why it matters to you. Not to anyone else. Not what you think you should want. What actually feels important right now.
In the Glow Up Method, we don't chase a long list of changes. Instead, each month you'll choose just two carefully selected goals - each designed to work a different "muscle" in your growth:

One Power Goal
A challenge that stretches you, requires focus or discipline, and pushes you toward meaningful outer or inner transformation.

One Support Goal
A smaller, more nurturing habit that either supports your Power Goal directly or prepares you for a future Power Goal by building momentum and strengthening self-trust.

These goals should reflect both outer work (what you do) and inner work (how you think, feel, and show up for yourself). Some people will choose one goal in each area. Others might focus heavily on inner work one month, then shift to outer habits the next. Both approaches work! This method is here to help you build sustainable progress without burning out or losing focus.

Think of it like this:

> *Your Power Goal is the breakthrough.*
> *Your Support Goal is the bridge that gets you there.*

Let your choices reflect what you most want to change right now - and what will best set you up for success next.

What If Two Weeks Could Change Everything?

Before you choose your goals, it's important to understand how you'll work on them.

This method isn't just about building better habits - it's grounded in the science of how your brain actually changes. When you focus on short, intentional cycles, you activate the parts of your brain responsible for motivation, habit formation, and behavioral rewiring. That's what makes this system sustainable.

Instead of aiming for 30 perfect days, you'll move through your month in two 14-day Glow Goal Rounds - giving you enough time to see real progress, without the burnout.

How it Works

1. **Round 1 (Days 1–14)**
You'll begin with both of your selected goals - one **Power Goal** (your challenge) and one **Support Goal** (your momentum-builder). Your focus is consistency and learning what works for you.

2. **Day 15 - Flex Day**
Pause. Check in with yourself. What's going well? What needs adjusting? Use this day as a breather or to reflect and reset your energy. If the month has 31 days, feel free to use your "extra" Flex Day here instead of saving it for the end. This is your glow-up - build it around your rhythm.

3. **Round 2 (Days 16–29)**
This round is all about refinement. If your **Power Goal** no longer feels like a stretch, this is your chance to level it up - or choose a new one that challenges you in a fresh way. Most **Support Goals** are easier to accomplish, so if yours has become second nature, you can keep it going in the background while adding a new one. This round helps you adapt while still moving forward.

4. **Final Day (30 or 31)**
Take another rest day. Reflect on how the month went, celebrate your progress, and get ready to recalibrate for your next glow-up cycle.

A Note About Stacking Progress

Many goals you set - especially Support Goals - will eventually become part of your daily routine. You're not "resetting" every month. You're stacking. As habits become permanent, your focus may shift, but those earlier wins stay with you. That said, sometimes even solid habits need revisiting. If you notice yourself slipping (like skipping a walk you usually never miss), it's a signal to bring that habit back into focus for a round or two. That's the beauty of this system: it flexes with your real life.

The Science That Makes It Stick

Discipline Is Built in the Brain

There's a part of your brain - the anterior midcingulate cortex (aMCC) - that helps you follow through on tough things. It's responsible for:

- Motivation and self-discipline
- Decision-making and emotional discomfort
- Monitoring effort vs. reward

When you stick with something challenging - like showing up for a workout or resisting an old habit - this part of your brain gets stronger. But once that habit becomes too easy or enjoyable, your brain no longer sees it as discipline, and the growth slows down.

That's why the Glow Up Method asks you to reset or level-up your stretch goal in the second half of the month.

You're not starting over - you're staying in the growth zone.

Neuroplasticity Is How You Change – For Real

Neuroplasticity is your brain's ability to rewire itself in response to what you do, think, and repeat. Every time you show up for a new habit, even in a small way, you're literally reshaping your brain.

- The more you practice a behavior, the stronger the neural pathway becomes.
- If you stop using that behavior, the brain prunes that pathway.
- The sweet spot for rewiring? Short, focused windows of repetition - just like the 14-day rounds in this method.

You don't have to be perfect. You just have to be consistent enough to send your brain the signal: "This matters now."

This is why taking a break to reflect mid-month is part of the process. It allows you to strengthen the pathways you want to keep, and intentionally choose which ones to grow next.

Reward Loops = Motivation That Sticks

Every time you complete a round, your brain gets a dopamine boost - a feel-good chemical that helps lock in motivation.

- These short cycles create visible wins and internal validation.
- They increase your belief in your own ability to change - which is often the thing most people are missing.

And because you're only focusing on two goals at a time, you're reducing cognitive load - freeing up mental energy to actually follow through. Real glow-ups happen when structure and science meet self-trust. This method gives your brain everything it needs to build a new baseline, one round at a time.

Now it’s time to choose your two Glow Goals - one Power Goal to stretch you, and one Support Goal to strengthen you. You'll keep this two-round rhythm in mind as you choose goals that are challenging but realistic, with plenty of space for progress.

Step 2: Choosing the Right Goals

When you're deciding on your Power and Support goals for the month, it helps to think beyond just what you want to do, and consider what part of yourself you're really working on. Every glow up is made of both **inner work** and **outer work.** The best transformations usually include a mix of the two.

Inner work is everything happening on the inside: your mindset, emotions, confidence, boundaries, mental clarity, and self-belief.

Outer work is what the world sees: your habits, routines, body, environment, appearance, and actions.

If you only ever focus on the outside - like workouts, skincare, or home routines - you might start to burn out or feel like something's missing. And if you stay stuck in your head without ever taking external action, change doesn't stick. That's why this method encourages you to work with both.

How to Pair Power and Support Goals

The Glow Up Method pairs one Power Goal with one Support Goal - and encourages you to think about where you're growing internally and externally.

Here are some example pairings to help guide your choices:

> **Power Goal:** Walk at least 10,000 steps each day and log it in your tracker.
> **Support Goal:** Write one sentence before and after your walk describing your mood or energy level.
>
> **Power Goal:** Write down one negative thought daily and reframe it with a supportive belief.
> **Support Goal:** Complete a short stretching routine each day and check it off as your self-compassion practice.
>
> **Power Goal:** Complete one planned workout per day and mark it off in your planner.
> **Support Goal:** Say one self-belief affirmation out loud each day and record which one you used.

You can also flip the emphasis depending on your needs:

- Start with an Inner Power Goal if you're craving clarity, healing, or emotional growth
- Start with an Outer Power Goal if you need structure, energy, or visible momentum

Future-Focused Support Goals

Sometimes your Support Goal isn't just about helping your current Power Goal - it's preparing you for what comes next. These goals may feel small or simple, but sometimes they're the baby steps you need to prepare your body and mind for the bigger stretch ahead.

Examples include:

> **Future Outer Power Goal:** Run 3x a week
> **Current Inner Support Goal:** Visualize your ideal run during nightly wind-down
>
> **Future Outer Power Goal:** Cut out caffeine
> **Current Support Goal:** Only drink one cup of coffee every other day
>
> **Future Inner Power Goal:** Tackle deep work without distractions
> **Current Outer Support Goal:** Set a one-hour phone-free timer daily
>
> **Future Inner Power Goal:** Start therapy or coaching
> **Current Support Goal:** Track emotions at the end of each day

These build belief, readiness, and motivation. And sometimes, just showing up for a tiny commitment is how you remind yourself, "I'm serious about this."

Quick Check-In Before You Commit

Ask yourself:

- Is my Power Goal truly a stretch? Will it require effort, discomfort, or real change?
- Does my Support Goal either directly help my Power Goal or build momentum toward a future challenge?
- Am I addressing both inner and outer transformation - even in small ways?

If so, you're already aligning with the heart of the Glow Up Method.

Define What Success Feels Like

Don't just chase completion or stats - chase how you want to feel at the end of this month. Ask yourself:

- What do I want to feel more of this month?
- What would I feel most proud of sticking to?
- What's one thing I could commit to that would create a positive domino effect into other areas of my life?
- If I only succeeded in this one area, how would it change how I see myself?
- What would make me trust myself more by the end of this month?

Your glow-up isn't about doing everything. It's about doing the right things that build trust with yourself - and move you forward.

Need Some Inspiration?

Here are some of the most common glow-up areas to explore:

Movement & Energy
Fitness, stamina, body connection, daily activity

Nutrition & Hydration
Whole foods, balanced eating, mindful choices, water intake

Sleep & Restoration
Sleep quality, recovery, evening routines, burnout prevention

Mindset & Stress
Thought patterns, emotional regulation, positivity, mental clarity

Confidence & Self-Image
How you see yourself, self-worth, body image, self-talk

Skincare & Body Care
Beauty rituals, hygiene, grooming, feeling physically cared for

Time & Habits
Routines, structure, procrastination, focus, digital balance

Environment & Space
Decluttering, home vibe, workspace, digital detox, surroundings

Purpose & Personal Growth
Big goals, identity shifts, passions, living aligned with values

Use these as starting points, but let your goals be as personal, specific, or strange as they need to be. This is your reset.

NOTE: You'll find even more goal examples in the Glow Up Vault included at the end of this guide.

Step 3: Align Your Routines

Let your day reflect who you're becoming.

Your goals are important - but they don't stand alone. To make your glow-up sustainable, you need more than willpower. You need rhythm. Flow. A structure that gently holds the version of you you're becoming, even on days when motivation runs low.

That's where routines come in. Not as pressure. Not as perfection. But as soft systems that help you follow through without decision fatigue or constant self-pushing.

When you align your morning and evening routines with your current Power and Support Goals, you create frictionless follow-through. You reduce resistance. You reinforce identity. And you build momentum without burning out.

This step is about building intentionality into your everyday life, so your planner doesn't just track change, it lives it.

Why Routines Matter in a Glow-Up

Routines are the connective tissue between your intentions and your actions. They:

- Quiet the chaos and create internal calm
- Reduce the number of decisions you have to make each day
- Help shift your identity by reinforcing new behaviors in context
- Build compounding progress when paired with your Glow Goals

A well-aligned routine helps your brain say, "This is who I am now."

Let's Turn This Into Something Real

Now that you understand the power of aligned routines, it's time to make it tangible. The goal isn't to copy someone else's ideal day - it's to create one that supports your current Power and Support Goals in a way that feels doable, nourishing, and real.

Whether you're building a routine from scratch or just making a few glow-friendly edits, here are some inspiring ways to begin or end your day with more purpose:

Morning Routine Ideas

Start the day with intention - physically, mentally, and spiritually. Some examples include:

Movement + Energy Related Goal

- 5-minute wake-up walk
- Hydration + light stretching
- Do 1 quick energizing move (e.g., squats, calf raises, or a yoga pose)

Confidence + Self Image Related Goal

- Morning journaling (prompt: “Here’s what I choose to believe today…”)
- Mirror affirmations
- Read a few pages of a book that boosts your mindset or self-belief

Mindset + Stress Related Goal

- Light a candle, say a morning prayer or affirmation
- Read a short passage (faith-based or spiritual)
- Sit in silence for 3 - 5 minutes

Purpose + Personal Growth Development Related Goal

- Read 1 - 2 pages of a non-fiction or mindset book
- Watch or listen to a 5-min podcast while getting ready
- Write down one learning intention for the day

Evening Routine Ideas

Reset your mind, body, and space so tomorrow starts lighter. Some examples include:

Skincare + Beauty Related Goal

- Nightly face wash + moisturizer
- Gratitude journal while masking
- Tidy your sink or vanity as part of your wind-down

Sleep + Restoration Related Goal

- Do gentle stretches to release tension from the day
- Sip a warm, caffeine-free drink (like herbal tea or moon milk)
- Spend 5-15 minutes with no screens or noise

Mindset + Stress Related Goal

- 10-minute brain dump journal
- Calming tea, soft lighting, no screens after 9 PM
- Visualize one thing that went well today

Purpose + Personal Growth Related Goal

- Evening gratitude prayer or meditation
- Write a "thank you" for something that showed up today
- Reflective journaling: "Where did I grow today?"

Time + Habits Related Goal

- Read 5 - 10 pages of a growth-oriented book
- Set tomorrow's top three priorities in your planner
- Reflect: "What did I learn about myself this week?"

Make It Stick

Routines already offer structure, but when used intentionally, they become a powerful accelerator for your glow up. These simple upgrades will help you level up your routines so they do more than organize your day - they reinforce your identity, reduce resistance, and make your growth automatic.

Try these proven strategies to get more out of the routines you're already building:

Anchor habits to existing actions
Don't start from scratch. Link new glow habits to moments already built into your day. This reduces mental friction and makes the habit more likely to stick.
Example: Apply body lotion after brushing your teeth. Journal while your tea steeps. Say an affirmation while putting on moisturizer.

Use your Support Goal as a lead-in to your Power Goal
Let your Support Goal work with your Power Goal - not separate from it. This creates a smoother transition into tasks that require more energy or effort.
Example: Journal for 5 minutes before your walk to clear mental clutter. Or stretch and listen to an upbeat playlist to build enthusiasm before a workout.

Design flexible, feel-good structure
A strong routine is consistent, not rigid. The best routines feel like support, not pressure. Adjust as needed based on your energy, environment, or season.
If your morning routine needs to happen in the evening instead today - great. You're still showing up.

With just a few tweaks, your routines go from helpful to transformative, turning everyday moments into automatic wins that reinforce the person you're becoming.

Next up, how that might look in real life.

Sample Routine Ideas

These sample routines blend intention with action. They're designed to support your glow goals without overwhelming your day. Use them as inspiration, then personalize based on your own energy, schedule, and focus areas.

Simple Morning Routine
- Wake up + drink water
- 5-minute stretch or walk
- Mirror affirmation
- Quick devotional or journal
- Review planner or top 1 - 2 goals

Calming Evening Routine
- Skincare + prep clothes
- Gratitude journal + prayer
- Read or reflect on one insight for tomorrow

Extra Boost: Soul-Nurturing Habits

Your routines can also be places of joy, connection, and grounding. Try weaving in habits that fill your soul:

- Listen to an uplifting playlist
- Step outside for 2 minutes of fresh air
- Cuddle your pet
- Say "I'm proud of you" to your reflection
- Light incense or diffuse essential oils
- Send a kind message to a friend

These moments might seem small, but they are the little roots that make your glow-up grounded, not just glamorous.

Routines shape your reality, but it's your awareness of them that creates transformation. As your days begin to reflect your glow goals, you'll start to feel the shift not just in what you do, but in who you're becoming. Now that your rhythm is aligned, it's time to start tracking what matters - so you can see, feel, and build on every step of your progress.

Step 4: Track What Matters

Turn daily habits into momentum, and proof that you're changing.

Glow-ups don't happen all at once. They unfold in tiny, quiet moments when you choose a new behavior over an old one, again and again. Tracking helps you see those moments and stay in your growth zone. But this isn't about rigid checklists or perfection - it's about building trust with yourself and giving your brain the feedback it needs to stay motivated.

Why Tracking Works
(Backed by Science)

Your brain runs on loops - cue, behavior, reward. When you track a habit, even with something as simple as a checkmark, you're creating a reward loop that releases dopamine, the motivation molecule. This is how consistency becomes easier over time. The more your brain associates a behavior with a positive outcome, the more likely it is to want to do it again.

But we're not just reinforcing behaviors - we're rewiring identity. Every time you track, you're sending this signal: "This matters. I am the kind of person who shows up. I'm the kind of person who can do hard things."

How to Make It Work for You

Tracking should feel empowering - not like another task to get right. That's why this method gives you flexible options. Whether you're a minimalist who just wants a simple checkmark, or someone who loves visual progress and data, the Glow Up Tracking Framework will meet you where you are - and grow with you as your goals evolve.

Let's break down how to choose the right system for your style.

The Glow Up Tracking Framework

In this framework, we track what you do, how it feels, and who you're becoming.

Track the Action – What did I do today?
Start with a simple log of your behaviors. These can be Power Goals, Support Goals, or any habits you're reinforcing.

Examples:

- Walked 1+ mile
- Did skincare routine
- Wrote 3 affirmations
- No phone after 9PM
- Prepped lunch ahead

Use symbols, checkboxes, or habit icons - whatever fits your style. This gives your brain measurable wins and builds momentum.

Track the Emotion – How did it feel?
Emotional awareness is where real transformation starts. You're not just tracking what happened - you're creating space to notice what it meant to you.

Examples:

- Felt peaceful after stretching
- Resisted journaling, but felt better after
- Skipped routine and felt more sluggish

This can be a simple emoji, a mood word, or a short note. This builds emotional intelligence, helps spot patterns, and guides better choices.

Track the Identity Shift – Who am I becoming?
This is the most powerful part. Behavior is just the surface - identity is the root. We're not tracking for the sake of checking boxes. We're tracking to witness ourselves change.

Weekly Prompts:

- "This week I proved I can..."
- "I noticed I'm becoming someone who..."
- "I felt most like my best self when..."
- "I stayed committed even when..."

This step reinforces your internal glow - confidence, clarity, and self-trust.

Not sure what to track? Try this:

Goal Type	Track This	Emotional Layer	Identity Anchor
Power Goal: Movement	Steps, minutes walked, time of day	Energy before/after	"I'm someone who moves with purpose."
Power Goal: Digital Boundaries	Screen-free hours	Stress or focus level	"I choose presence over distraction."
Support Goal: Hydration	# of glasses or oz	How you feel after drinking	"I nourish my body with care."
Support Goal: Affirmations	Number said or written	Confidence level	"I speak kindly to myself."
Combo: Mindset + Routine	Journaling + stretch	Mood rating	"I reset my day intentionally."

How to Set Up Your Tracking (Without the Stress)

You don't need a fancy system - you need one that works for you. Here are a few easy ways to start tracking today.

Minimalist Tracker
Simple and effective. Just choose your habits and check them off daily. You can use:

- The **habit tracker section** in your planner
- A **habit tracker sticker or widget**
- A basic **checklist** drawn or typed out

Example:
✓ Skincare
✓ Movement
✓ Journal
✓ Water

Or for more detail:
✓ Applied skincare before bed
✓ Walked 1+ mile
✓ Completed journaling prompt
✓ Drank 64oz water

This is great if you like clean visuals and don't want to overthink it.

Identity Reflection Tracker
Instead of tracking your mood, track how your habits are shaping your identity. Each day, jot a quick note:

- "Today I felt proud of…"
- "This habit is helping me become…"
- "I noticed I was more _____ because I showed up."

Example:
✓ Journaling - "Felt more focused and calm."
✓ Walk - "Becoming someone who follows through."
✗ Skincare - "Skipped today, but I noticed I missed it = progress!"

This connects daily actions with your inner glow and long-term mindset shifts.

Momentum Builder *(Track Your Glow)*
For those using the DPC Glow Planner + Stickers, this method brings your glow-up to life - visually and emotionally. This approach is perfect if you want to celebrate consistency over perfection and create a positive feedback loop that fuels motivation.

Ways to build your momentum:

- Use a Glow Bar sticker or tracker that you fill in as you complete your Power and Support goals each day.
- Create a Glow Grid in your planner - each square representing a day or a habit. Add stickers, doodles, or mood icons to visually show your progress.
- Set up a Glow Jar in a blank section of your planner: drop in a star, heart, or gem every time you keep a promise to yourself. You're literally watching your effort add up!

This method works because your brain craves *visible rewards*. Each sticker, symbol, or mark becomes a tiny celebration - and a reminder that your effort matters. The goal isn't perfection. It's to feel momentum, and see your glow, one small win at a time.

Track Consistency Over Perfection

Some days will go sideways. That's okay. What matters is coming back. Glow-ups don't happen because you never miss a day - they happen because you don't let missing one day stop you from showing up the next.

"Progress over perfection" isn't a cliché - it's a neuroplasticity truth. Your brain doesn't need 100%. It needs consistency.

Advanced Tracking Tips (Optional)

Stack Track: Use an emoji or sticker (like a ✨) when habits stack together (ex: hydrate + affirm + stretch = ✨)

Time Stamp: If you're building time-based routines, jot down when you completed a habit (ex: “Skincare @ 9PM”)

Trigger Log: Track what triggered success (ex: “Put journal by bed = remembered to use it”)

Resistance Tracker: Track what made it hard (ex: “Felt overwhelmed, skipped goal”) to create self-compassion + problem-solving

Quick Weekly Review Prompt

Tracking only becomes powerful when you reflect on what the data is telling you. Once a week, take a few minutes to pause and look at your patterns. Which habits are flowing naturally - and which ones are starting to feel like friction? This isn’t about judgment. It’s about curiosity and adjustment. By noticing where things felt aligned and where they didn’t, you create a more responsive system - one that evolves with you, not against you.

Once a week, ask yourself:

- “Which habits felt easy?”
- “Which habits felt forced or frustrating?”
- “What did I learn about myself through tracking?”
- “What would I like to track next week?”

This helps you recalibrate and refine, keeping your system aligned and sustainable.

Next up: let’s zoom out and look at the bigger picture, because reflection is where the real growth takes root.

Step 5: Reflect + Realign

Because your glow deserves to be seen, felt, and celebrated.

You've made it through a full Glow Up cycle - two intentional weeks at a time. Whether you crushed every goal or hit a few bumps, this step is where it all comes together.

Reflection is how invisible progress becomes visible. Realignment is how progress becomes permanent. And celebration? That's how you teach your brain, "this is worth repeating."

When you slow down to review, you're not just closing a chapter - you're strengthening your identity. You're saying: "I'm someone who shows up. I'm someone who learns. I'm someone who grows. I'm someone who can do hard things."

Why This Step Matters

At the beginning you were promised:

- Real change through simple but intentional action.
- Momentum that grows, and doesn't burn you out.
- A brain-based system that builds habits, identity, and resilience.

This final step delivers all of that. It's not just the cherry on top - it's the foundation of your next transformation.

Now it's time to pause, process, and decide what's next. This isn't about looking back to critique - it's about gathering insight and choosing your next move with intention. You've been doing the work. The Reflect + Realign Framework gives you a moment to see it, feel it, and use it. Think of this step as your personal debrief - a chance to capture progress, redirect energy, and reset your course with purpose.

The Reflect + Realign Framework

This isn't about judgment. It's about clarity. Use these four checkpoints to guide your monthly review.

What Worked?
Look for what helped you feel stronger, calmer, more energized, or more like you.

- Which goal felt most aligned this month?
- What new habits actually stuck?
- What part of your routine supported your glow the most?

Invisible win: I only missed 2 days of movement, which used to be my best week.

What Shifted?
Growth isn't always obvious - it sneaks in.

- How do you feel different now than you did at the start of the month?
- What felt hard at first but got easier over time?
- What new awareness or mindset did you develop?

Identity shift: I didn't just go for walks - I started thinking of myself as someone who moves daily.

What Needs Realignment?
Not everything works. That doesn't mean you failed - it means you learned.

- Which goal started to slip?
- What needs more support or structure?
- Is there a small tweak that would make this more sustainable?

Example: My nighttime skincare routine only happened half the time - maybe I need to anchor it to brushing my teeth.

What's Next?
Let your wins stack. Let your effort carry forward. You don't need a complete reset - you need a refined next step.

- Is there a goal you want to keep or level up?
- Is there a new challenge calling your name?
- What's one thing you want to feel more of next month?

Seal It In With a Celebration

Because your brain needs the reward - and you deserve it.

Reflection gives you insight, but celebration gives you fuel. Without it, progress can feel invisible or unrewarded. Your brain is wired to chase what feels good, so if every glow-up cycle ends in a sigh instead of a spark, your motivation will eventually fade.

Celebrating isn't about throwing confetti for the sake of it. It's about recognizing effort, anchoring identity, and training your brain to see growth as something worth repeating.

In the Glow Up Method, celebration is a key part of the transformation process. It's the emotional punctuation mark at the end of each round - the part that says, "I did that. And I can do it again."

The Celebration Menu

Welcome to the best kind of menu - where everything's made to boost your mood, nourish your motivation, and remind you how far you've come.

You've been building momentum, shifting your mindset, and showing up in small but powerful ways. That deserves more than a checkmark - it deserves a celebration.

So go ahead - place your order. Choose a little joy. Add something extra on the side. Whether you go light and cozy or bold and extra, this is your reward for becoming someone who shows up for themselves.

Because in the Glow Up Method, we don't wait for perfect. We celebrate progress. Here are some ideas to include in your own Celebration Menu.

Internal Delights

Celebrate your glow from the inside out.

- Write a letter to your future self
- Reflect on 3 things you're proud of this month
- Take a "glow-selfie" to capture your energy shift
- Start a gratitude jar just for your glow-up wins
- Do a guided visualization of your next level self

External Rewards

Give yourself something tangible (and guilt-free).

- Treat yourself to a new digital sticker or planner freebie
- Upgrade your skincare, candle, or cozy sock situation
- Get something fun like a new book, magazine, or puzzle
- Go see a movie or stream one that makes you feel unstoppable
- Try a new fitness class or hobby you've been eyeing

Creative Celebrations

Use your creative energy to mark your progress.

- Make a vision board for your next glow chapter
- Decorate your planner pages with glow-up doodles or stickers
- Create a playlist based on how you want next month to feel
- Turn your progress into art: collage, journal spread, or digital moodboard
- Write a mini story about the most "main character" moment you had this month

Feel-Good Favorites

Little rituals that bring big joy.

- Take a Solo Yes Walk – say yes to whatever delights you (a treat, a pop-in store moment, or a spontaneous path)
- Have a "cozy corner" session with your favorite drink + music
- Buy or pick fresh flowers to brighten your space
- Make a feel-good snack or drink that feels like a celebration
- Raise a Glow-Up Toast – sparkling water, a mocktail, or tea – and toast to the version of you who showed up

Glow-Getters' Specials

For big milestones or deep transformation moments.

- Take a Mini Solo Adventure – a day trip, new hike, or artist date with yourself
- Plan a themed evening: "Treat Yo' Self Night," spa at home, or "Next-Level Me" dinner
- Print out a tracker, certificate, or monthly highlight to frame as a win
- Book something you've been putting off - massage, coaching, creative class
- Start a new journal or tracker to kick off your next glow round

Realign and Recalibrate

Because you're not starting over - you're starting smarter.

Now that you've looked back and honored your progress, it's time to look forward with clarity. This is the moment of realignment. It's not about starting over. It's about updating your path to match the person you've become.

Because here's the truth: you're not the same version of you who began this glow-up. You've grown. You've learned. You've shown up. So of course your goals, habits, and routines may need to shift. That's not a setback - it's progress.

Every time you move through this method, you meet a new version of yourself. And each round helps you get closer to who you're becoming. Use this time to ask: What still feels aligned? What needs adjusting? What's ready for more?

Here's how to decide your next step:

Keep It? Keep habits that now feel automatic or energizing. No need to track them - just live them.

Repeat It? If you slipped on a goal you still care about, bring it into your next Power or Support slot and give it the focus it needs.

Level It Up? Some goals will become too easy. That's a sign of growth. Expand them, stretch them, or add a new layer. For example: "Walk 1 mile daily" → "Walk 2 miles 3x/week + stretch after."

Start Anew? Maybe you want to work on a different area altogether. In that case, start with a fresh new goal.

Carry the Glow Forward

After you've checked in, celebrated your progress, and realigned your goals, take a moment to truly absorb what you've just done. This isn't just another month checked off - it's proof. Proof that you can choose yourself, over and over. Proof that change doesn't have to be extreme to be real.

You've done something powerful: You didn't just chase results, you built resilience. You made decisions. You showed up. You created visible and invisible progress. That's how transformation happens - not overnight, but one intentional cycle at a time.

The goal isn't to finish glowing. It's to become someone who keeps showing up again and again.

And you are.

You're in it.

You're doing it.

That's what a glow up actually looks like.

Start Your Glow Up!

If you're ready to get started on your Glow Up, you can get the DPC Glow Up monthly planner designed to perfectly support this system! You can find more information either on the DPC website or at the DPC Etsy Shop. You can find the links for both of these below.

If you want even more resouces - I've included a few extra bonuses to help you with your goal and habit setting. You can find them on the next pages.

LEARN MORE @ dpcdigitals.com

GET YOUR GLOW UP PLANNER @ DPC ETSY SHOP

Fill Your Soul, Fuel Your Glow

The boost your glow-up might be missing.

Here's something no one talks about enough: your goals don't exist in a vacuum. If your soul is running on empty, it's going to feel 10x harder to show up for anything - even the things you want to do. That's why part of the Glow Up Method is checking in with what's actually fueling you.

There's a saying: "Garbage in, garbage out." But I like to flip it - Positivity in, positivity out.

When you surround yourself with things that inspire, uplift, and restore you, that energy doesn't just stay inside - it overflows into how you speak to yourself, how you move your body, how you treat others, and how you show up for your goals.

This is your soul fuel. Think of it as your personal energy bank - the source that fills you up so you can do the work. Ask yourself regularly:

- What have I consumed today that actually made me feel better - mind, body, or spirit?
- What drained me?

Here are some ways to intentionally feed your soul:

Soul-Fueling Inputs:

- Listening to music that lifts your mood or energizes you
- Following creators who make you feel inspired - not insecure
- Reading stories that spark curiosity, hope, or purpose
- Spending time in nature or even just soaking up sunlight for a few minutes
- Watching a show that makes you laugh
- Nourishing your body with foods that don't leave you feeling sluggish
- Talking to someone who leaves you feeling lighter, not heavier
- Making something with your hands - whether it's art, food, or a cozy space

Soul-Draining Inputs (to reduce):

- Consuming media that leaves you anxious, angry, or drained
- Comparing your journey to others' highlight reels
- Engaging in conversations that feel toxic or one-sided
- Overloading your nervous system with non-stop stimulation or noise
- Eating things that lead to crashes, guilt, or feeling off in your body

This doesn't mean your life has to be perfect or "toxic positivity" all the time. It means becoming conscious of what you allow in - so you can take ownership of what comes out.

How to Work This Into Your Monthly Glow Up

You can include soul fueling as part of your:

- Morning or evening routine (choose 1 feel-good input daily)
- Support Goal (e.g., "read 10 pages of an uplifting book daily" or "start mornings with calming music")
- Mid-month reset (use the Flex Day to detox what's been draining and intentionally refuel)

Extra Goal Examples

I've put together some extra goal examples to help inspire you when picking your next Power and Support goals!

Inner Power Goals + Outer Support Goals

Power Goal: Write down and reframe one negative thought each day in your planner or journal.
Support Goal: Stretch for 10 minutes every morning after waking to reinforce self-kindness and body awareness.

Power Goal: Pause for at least five seconds before responding in any challenging conversation and track this once per day.
Support Goal: Take a 5–10 minute walk or sit in natural light daily to practice grounding.

Power Goal: Take one intentional "imperfect" action each day and document it in your Glow Up notes or reflection section.
Support Goal: Declutter one item per day to symbolically release control and embrace progress.

Power Goal: Identify and record one personal win every day in a dedicated section of your planner.
Support Goal: Wear one outfit item or accessory daily that boosts your confidence and reflect briefly on how it made you feel.

Power Goal: Record three gratitude entries each day, either in the morning or evening.
Support Goal: Display a printed gratitude quote somewhere visible and update it weekly as a visual anchor.

Outer Power Goals + Inner Support Goals

Power Goal: Walk 10,000 steps each day and record your total in your tracker.
Support Goal: Journal before or after your walk about how your body feels physically and mentally.

Power Goal: Complete your full evening skincare routine every night and check it off as part of your self-care habit.
Support Goal: Say one affirmation while applying your skincare to reinforce positive self-talk.

Power Goal: Cook dinner at home each night and track it in your habit tracker.
Support Goal: Write down the name of the meal you cooked each day and rate it from 1 to 5 for ease, taste, or mood boost.

Power Goal: Complete one scheduled workout each day and track your completion visually.
Support Goal: Write a quick reflection after each session to note energy, mood, or progress.

Power Goal: Spend 20 focused minutes each day decluttering digital files, photos, or emails.
Support Goal: Log the area you decluttered each day and choose one digital boundary to enforce (e.g., screen-free hour, inbox limit).

Power Goal: Limit screen time outside of work to under 2 hours per day and track your usage.
Support Goal: Each evening, write down one offline activity you did instead and how it made you feel.

Cross-Area Power + Support Pairings

Power Goal: Finish what you start by completing one unfinished task or project each day.
Support Goal: Take 10 minutes each day to stretch or move your body to reduce mental clutter.

Power Goal: Tidy one physical space for 10 minutes every day (desk, bag, car, etc.).
Support Goal: Drink at least 64 oz of water each day to stay physically energized and mentally clear.

Power Goal: Follow a consistent sleep schedule by going to bed and waking up at the same time daily.
Support Goal: Declutter one physical item or digital file each day to reduce background stress.

Power Goal: Spend at least 15 minutes daily doing something creatively fulfilling (drawing, writing, music, etc.).
Support Goal: Check in with one friend or family member daily to build connection and reduce emotional eating triggers.

Power Goal: Complete your full morning routine each day, from wake-up to first work task.
Support Goal: Spend five minutes daily identifying and reframing one limiting belief.

Support Goals That Prepare for Future Power Goals

These support goals are “priming” goals that lay the foundation for a harder goal in the next month.

Future Power Goal: Launch a creative project
Support Goal: Set a timer and journal or doodle for 10 minutes daily

Future Power Goal: Wake up at 6 AM daily
Support Goal: Start dimming lights and prepping for bed by 9 PM this month

Future Power Goal: Commit to a gym or home workout plan
Support Goal: Lay out your workout clothes every day and stretch for 5 minutes

Future Power Goal: Begin a daily meditation practice
Support Goal: Spend 5 minutes each day sitting quietly in your designated calm space, with no phone or distractions.

Future Power Goal: Follow a complex skincare or haircare routine
Support Goal: Moisturize one area consistently each day and build awareness of your current habits

Future Power Goal: Start deep cleaning and home reset routines
Support Goal: Do one small reset action a day like wiping counters or resetting a drawer

More Goal Pairing Examples

Outer Power Goal: Walk 10,000 steps per day
Inner Support Goal: Journal each evening about how movement affected your mood

Inner Power Goal: Replace negative self-talk with reframed thoughts (daily tracking)
Outer Support Goal: Stretch for 10 minutes daily as a form of self-kindness

Outer Power Goal: Follow a consistent skincare routine twice a day
Inner Support Goal: Use mirror affirmations while applying skincare

Inner Power Goal: Complete a full mindset course or meditation challenge by doing one lesson or session each day.
Outer Support Goal: Create and follow a nightly wind-down ritual that includes unplugging from screens at least 30 minutes before bed.

Outer Power Goal: Strength train 3-4x per week
Inner Support Goal: Use breathwork or guided visualization before workouts to build mental focus

Inner Power Goal: Track one people-pleasing behavior each day and practice setting or holding one boundary.
Outer Support Goal: Record yourself saying “no” in a low-stakes scenario daily using a voice memo app to build confidence.

Outer Power Goal: Cook one home-prepared meal each day.
Inner Support Goal: Write a short gratitude entry each evening about how nourishing your body made you feel.

Inner Power Goal: Reduce obsessive thought spirals by tracking triggers and writing one redirection strategy per day.
Outer Support Goal: Spend 5-10 minutes outdoors each morning in natural light to support grounding and nervous system regulation.

Inner Power Goal: Rebuild trust with yourself by keeping one small daily promise
Outer Support Goal: Use a habit tracker and check off promises with celebration (sticker, praise, etc.)

Outer Power Goal: Declutter one category or space each day as part of your 30-day challenge.
Inner Support Goal: Journal briefly about any emotions or memories that surface during the decluttering process.

Inner Power Goal: Rebuild your creative flow by completing one short drawing, doodle, or journal entry daily.
Outer Support Goal: Set up and return to a dedicated workspace each day that includes visual or sensory cues to spark inspiration.

Outer Power Goal: Stick to a hydration target every day
Inner Support Goal: Affirm: “I take care of myself with every sip” each time you refill your water

Inner Power Goal: Track your daily energy, stress triggers, and recovery activities to support burnout recovery.
Outer Support Goal: Block out 20 minutes each day for intentional rest, even if it’s just lying down, stretching, or doing nothing.

Outer Power Goal: Practice daily meal prep
Inner Support Goal: Set a mindful intention before eating each meal

Habit Stacking Prompts

Here's a list of habit stacking prompts organized by common anchor points throughout the day, designed to help add inner and outer work habits to routines you're likely already doing:

Morning Stacking Prompts

After I brush my teeth, I will...
→ say a morning affirmation (inner) or apply cuticle oil (outer)

Before I drink my coffee, I will...
→ do a 2-minute deep breathing practice (inner) or stretch for 5 minutes (outer)

After I get dressed, I will...
→ write one line in my journal (inner) or put on SPF/skincare (outer)

While my breakfast is cooking, I will...
→ review my top 3 goals for the day (inner) or tidy one area of the kitchen (outer)

Workday Stacking Prompts

Before I open my email or to-do list, I will...
→ read a short devotional or intention (inner) or do 10 jumping jacks to energize (outer)

After every meeting or work block, I will...
→ stand up and stretch for 2 minutes (outer) or check in with how I'm feeling (inner)

When I refill my water, I will...
→ say one thing I'm grateful for (inner) or log my hydration for the day (outer)

Evening Stacking Prompts

After dinner, I will...
→ go for a short walk or tidy one room (outer) or check in on my progress for the day (inner)

After I wash my face, I will...
→ use a gua sha or roller with intention (outer) or speak an affirmation to myself in the mirror (inner)

When I get into bed, I will...
→ read 1 page of a book that supports my personal growth (inner) or massage lotion into my hands/feet (outer)

After I turn off my phone, I will...
→ do a quick reflection: “What did I do well today?” (inner)