



# Keep it light

with

## 7 Days of GLOW

### Unwind & Soak

Take a bath or indulge in whatever brings you the utmost relaxation and TLC vibes. As you bask in this energy, repeat to yourself:  
"I release tension, inviting peace and serenity into every part of me."

### Colorful Meditation

Settle into some "me" time and enjoy the meditative state that coloring will offer you. Be mindful of the ideas that arise during this experience and take note of them at the end.

### 10 Min of Stretching

Move your body today! Release tension, move stagnant energy in the body, and create a flow of light within as you commit to 10 minutes of movement.

### Virtual Connection Session

Connect with a loved one and strengthen your relationships, even from afar. Share your gratitude and appreciation for this bond and let your light shine bright!

### Digital Detox

Stay off your phone for 2 hours today. Observe the emotions that arise, and those that fade away. Take the last 10 minutes to write down your observations to better understand the emotional impact social media & relationships have on you.

### Me Time

What is a topic that has sparked your interest but you've been too busy to explore? Set a timer for at least 20 minutes, look up an article, find a podcast—whatever it is for you—and delve into that topic today.

### GLOW Insights & Reflection Day

Reflect on the week's self-care practices, noting the positive impact on each pillar, and set intentions for continued well-being.