

Day	Focus Area	Task	Time Needed (mins)
1	Face	Do full 3 step skincare tonight (cleanse treat moisturise)	7
2	Body	Drink one extra glass of water with breakfast	2
3	Mind	Record a 2 minute voice note journal	2
4	Movement	Walk outside for 10 minutes after school run	10
5	Home	5 minute hotspot tidy for kitchen counter bedroom floor and k	5
6	Face	Do a 1 minute facial massage while the kettle boils	1
7	Social	Send a 60 second voice note to a friend	2
8	Sleep	Do your 10 minute bedtime sandwich tidy skincare brain dun	10
9	Food	Add one fruit or veg to a meal today	3
10	Phone	Turn off notifications for one non essential app	5
11	Face	Use a sheet mask or thick moisturiser while the kids watch T	10
12	Movement	Dance to one song with the kids	4
13	Mind	Write or record three things you did well today	3
14	Money	Do a 10 minute money check in bank app and one tiny action	10
15	Home	Declutter 10 items from one drawer or shelf	8
16	Face	Do a quick brow tidy or file nails during screen time	5
17	Family	Do a kind mirror time round with the kids	5
18	Body	Swap one sugary drink or extra coffee for water or herbal tea	2
19	Movement	Stretch for 5 minutes before bed	5
20	Social	Plan a low pressure hangout or call with a friend this week	5
21	Face	Wash your pillowcase and wipe your phone screen	5
22	Sleep	Skip screens for 20 minutes before bed and read or listen to	20
23	Food	Plan tomorrow breakfast so it includes some protein	5
24	Home	Set a 10 minute timer and tidy only the living room	10
25	Mind	Write or record one thing you are looking forward to this wee	3
26	Movement	Take the stairs or park further away at least once today	3
27	Face	Do your 5 minute sink facial morning or night	5
28	Body	Track roughly how much water you drank today in your notes	3
29	Life	Choose one glow habit you want to keep long term	5
30	Review	Look back over the month and note three changes you notice	10