# 1Glow Within 7-Day Reset

A mindful wellness challenge for inner health, outer beauty, and fitness

# The 7-Day Glow Reset

A mindful journey to restore balance, confidence, and radiant energy.

Transform your inner wellness and outer beauty — one day at a time.

Reconnect. Reset. Glow Within.

Visit 1GlowWithin.com

## Welcome to Your Glow Journey

Each day invites you to focus on one simple ritual for your mind, body, and glow.

Use this guide as a gentle reset to reconnect with yourself and your natural rhythm.

Read one section per day. Practice the suggested ritual and reflect on your progress.

# Day 1

# Glow Start Monday – Reset Your Mind & Body

# 🌞 DAY 1 — Glow Start Monday Reset Day

Start your week with calm energy and renewed focus. Mondays don't have to feel heavy. When you begin your week intentionally with balance, clarity, and self-care, your body and mind align with your goals.

### 🌿 Step 1: Create Your Morning Glow Ritual

Start your day with warm lemon water (or plain water), a few deep breaths, and light stretching. This simple habit helps you wake up gently, clear your mind, and set a calm tone.

💡 Pro tip: Add mint or cucumber slices for a refreshing twist.

### 🧘‍♀️ Step 2: Ground Yourself with Movement

Move your body for at least 10 minutes with yoga, walking, or gentle mobility flow. The goal isn't perfection, it's presence.

Movement helps reduce stress, boost circulation, and enhance your natural glow.

### 🕯️ Step 3: Set Your Weekly Intention

Ask yourself: “How do I want to feel by Friday?” Write your answer in your journal or the **1GlowWithin Planner** to anchor your mindset and energy for the week ahead.

### 🌸 Step 4: Fuel with Glow Foods

Choose one nourishing meal that includes greens, healthy fats, and hydration. Foods like avocado, spinach, and chia seeds support your skin and digestion — the perfect glow combo.

### ✨ Step 5: Light Your Space, Light Your Spirit

Open the windows, play calming music, or diffuse essential oils. Creating a clean, positive environment can completely shift your mindset.

Your glow begins in how you start your day not how perfectly you perform, but how kindly you show up for yourself.

# 3 Detox Drinks for Natural Glow

## Day 2

# 🌿 DAY 2 — Inner Health Tuesday
# Glow Drinks for Natural Energy

Three simple drinks to enjoy, from your kitchen to your cup. Not a cleanse, just an easy, tasty way to hydrate and add more plants to your day.

Your body deserves gentle care, not extremes. Today, we focus on nourishing your inner health with simple drinks that help you hydrate and refresh.

**1. Morning Lemon Elixir**
Warm water + fresh lemon + a pinch of turmeric. A gentle, hydrating way to start your morning.

**2. Green Glow Smoothie**
Blend spinach, cucumber, apple, and coconut water for hydration and antioxidants.

💡 Add chia seeds for fiber and balance.

**3. Golden Glow Latte**

Turmeric + oat milk + a dash of cinnamon. A cozy, caffeine-free drink to wind down with.

✨ Drink consistently, not perfectly. Your glow grows with every sip.

🌸Enhance your inner glow with the 1GlowWithin Planner — track your hydration, meals, and mood daily.

👉 Get Yours at Lifestyle Transformations | 1GlowWithin

Day 3
Outer Beauty
Wednesday
1GW
1GlowWithin

# 🎋 DAY 3 — Outer Beauty Wednesday Glow-Up from the Inside Out

🪶True beauty radiates from balance — not filters. Today's focus is all about reconnecting to your natural glow:

**1. Nourish from Within**
Eat colorfully — berries, leafy greens, and omega-rich foods support clear skin.

**2. Simplify Your Skincare**
A gentle cleanser, hydrating serum, and SPF are your glow essentials.
💡 Consistency over complexity.

**3. Rest & Rejuvenate**
Beauty sleep is real. Your skin regenerates overnight — make rest sacred.

**4. Affirm Your Beauty**
Say it daily: "I glow from the inside out."

💎Radiate confidence with holistic beauty routines. Explore our Glow-Up Skincare Favorites at Wellness Essentials | 1GlowWithin

Day 4
Fitness Thursday—
Move, Glow, Repeat
1GW

# 🏋️‍♀️ DAY 4 — Fitness Thursday Home Workouts for Energy & Confidence

🪶No gym? No problem. Discover easy, no-equipment workouts that boost strength, posture, and mood from the comfort of your home.

You don't need fancy equipment to move with purpose. A few mindful minutes can transform your body and mindset.

**1. The 10-Minute Energy Flow**

- 20 squats
- 10 push-ups (knees optional)
- 30-second plank
- Repeat twice — feel the burn and balance.

**2. Core Confidence**

Engage your abs during daily activities — posture improves, glow follows.

**3. Stretch It Out**

End with deep breathing and forward folds to release tension.

# Feel-Good Friday – Laughter & Lifestyle Glow

## Embrace the joy of small moments

**Day 5**

# 🎧 DAY 5 — Feel-Good Friday
# Laughter & Lifestyle Glow

🪶End your work week with joy! Learn how laughter therapy and mindful fun can uplift your mood, relieve stress, and brighten your glow.

🌿Wellness isn't just workouts — it's also laughter, music, and moments that refill your joy.

**1. Laugh Daily**
Watch a comedy, dance to your favorite song, or call a funny friend.

**2. Mindful Fun**
Take a break without guilt. Play, paint, or cook something beautiful.

**3. Gratitude Glow**
List 3 things that made you smile this week — happiness multiplies with focus.

💎 Add "Joy Check-Ins" in your **1GlowWithin Planner** and rediscover how fun fuels your glow!

👉 Explore at Wellness Essentials | 1GlowWithin

# Self-Care Saturday
# — Write Your Glow Story
## Day 6

# 🌸 DAY 6 — Self-Care Saturday
# Real 1Glow Stories

🪶 Self-Care Saturday: Real Glow Stories & How to Write Your Own.

🌟 Find inspiration from real glow stories and learn how to create your own wellness transformation with reflection and self-care.

🌿 Every glow journey begins with one step — your story.  Self-care isn't selfish; it's a declaration that your wellbeing matters.

**1. Reflect on Your Wins**
Write 3 things you've done well this week. Small or big — they all count.

**2. Practice Self-Compassion**
Speak gently to yourself. Growth thrives in kindness, not pressure.

**3. Create Your 1GlowWithin Story**
Use your **1GlowWithin Planner** to journal your transformation — your story inspires others.

💎 Share your glow story with our community at www.1glowwithin.com

# Sunday Reset – Recharge Your Mind & Spirit

## Day 7

# ☀️ DAY 7 — Sunday Reset
# Journal, Reflect, and Recharge

🪶End your week with reflection and peace. Use these simple journal prompts to release stress and prepare for a fresh start.

🌿 Sundays are sacred — a time to pause, breathe, and realign.

**1. Reflect**
What went well this week? What felt heavy?

**2. Release**
Write one thing you're ready to let go.

**3. Renew**
Set your top 3 intentions for the coming week.

**4. Reconnect**
Take a slow walk or do gentle yoga while focusing on your breath.

💎 Download your free **1GlowWithin Planner** and start each week grounded.

👉 Get the Planner at Lifestyle Transformations | 1GlowWithin

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A Mindful Wellness Fitness Challenge
for
Inner Health & Outer Beauty

By: 1Glow Within

https://www.1glowwithin.com

This guide shares general wellness ideas and is not medical advice. Check with your healthcare provider before starting a new exercise routine or changing your diet, especially if you are pregnant, have a health condition or take medication.