

THE GLOW WITHIN

SEASONAL WELLNESS CALENDAR 2026

by 1GlowWithin



A gentle guide to glowing from within
One season at a time

A free digital wellness calendar designed to support balance, energy, and self-care throughout the year.

www.1glowwithin.com

The Four Seasonal Glow Pillars

A year of wellness designed to flow with nature, not fight it

Instead of treating each month the same, this calendar is organized around four seasonal glow pillars. Each season supports a different phase of energy, wellness, and self-care—allowing you to move through the year with balance and intention.

Winter Glow

December • January • February
Grounding • Recovery • Immunity

Spring Glow

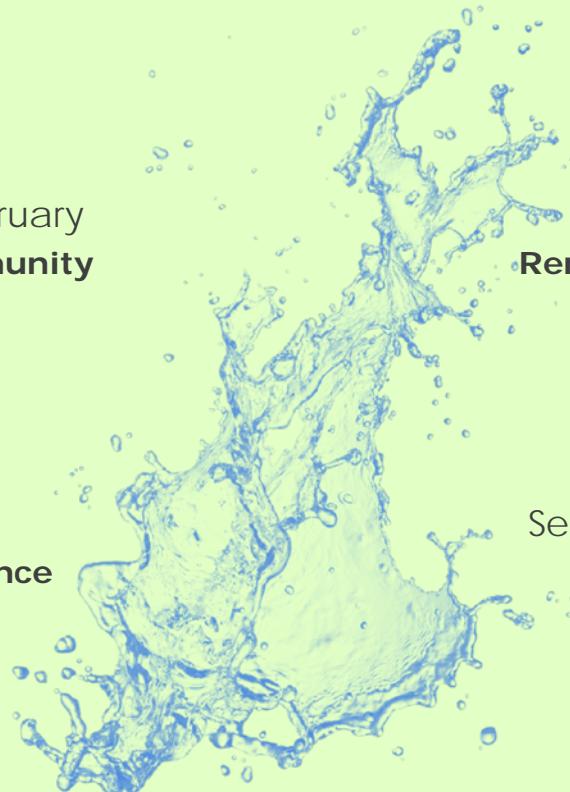
March • April • May
Renewal • Lightness • Beauty Reset

Summer Glow

June • July • August
Energy • Strength • Radiance

Fall Glow

September • October • November
Balance • Nourish • Routine



Each season includes a dedicated overview and monthly calendar pages designed to support your glow—inside and out.

WINTER GLOW

December • January • February

Grounding • Recovery • Self Care • Immunity

The Winter Rhythm

Winter invites us to slow down, restore energy, and focus inward. This season supports rest, immune strength, gentle movement, and deep nourishment—allowing your body and mind to reset.

Immune-supporting foods

Warm hydration

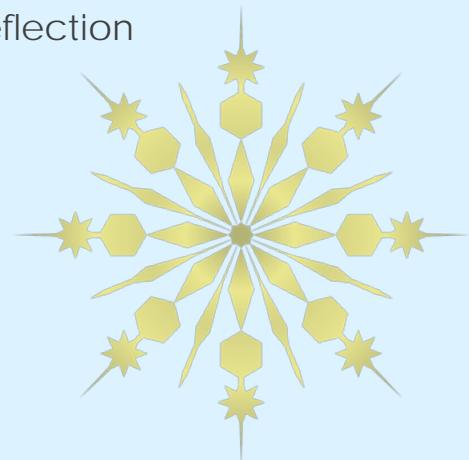
Gentle movement

Skin barrier care

Emotional Reset

Mental clarity & reflection

Honor rest as part of your glow



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December 2025

Winter Prelude

I listen closely to what my body needs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7 Pearl Harbor Remembrance Day 	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 <i>Christmas Day</i> 	26 Boxing Day 	27
28	29	30	31 New Year's Eve 	1	2	3
4	5	1GlowWithin Seasonal Glow Calendar Notes:				

Holidays shown reflect a general observance calendar and may vary by region.

January 2026

I will allow rest without guilt



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 New Year's Day 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	1GlowWithin Seasonal Glow Calendar Notes:				

February 2026

I nurture my energy with patience and care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day 	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day 
15	16 Presidents Day and Washington's Birthday 	17 Mardi Gras Carnival 	18	19	20	21
22	23	24	25	26	27	28
1	2	3	4	5	6	7
8	9	1GlowWithin Seasonal Glow Calendar Notes:				

WINTER GLOW REFLECTION

December • January • February

The Winter Rhythm

As winter comes to a close, take a moment to reflect on how you supported your glow during this season.

What supported my energy the most this winter?

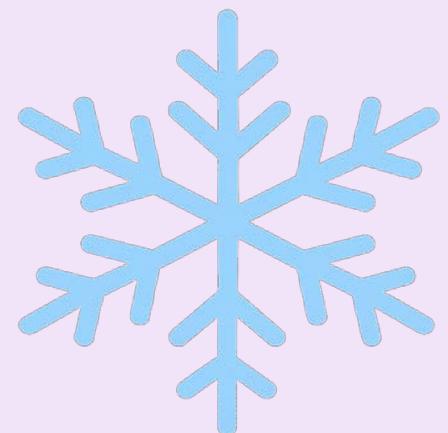
Where did I allow myself more rest or softness?

What habits or rituals felt nourishing?

What am I ready to gently release as I move forward?

Carry forward what served you

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SPRING GLOW

March • April • May

Renewal • Lightness • Beauty reset

The Spring Rhythm

Spring supports renewal, fresh energy, and gentle expansion. As days grow brighter, this season encourages movement, cleansing, creativity, and a renewed focus on beauty and growth.

Cleaning, seasonal foods

Gentle fitness restart

Skin and hair revival

Decluttering & emotional lightening

Outdoor movement

Mental clarity & creative momentum

Begin again - gently

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March 2026

I welcome fresh energy at a gentle pace



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Daylight Savings 	9	10	11	12	13	14
15	16	17 St. Patrick's Day 	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	1GlowWithin Seasonal Glow Calendar Notes:				

April 2026

I support growth with consistency and ease



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	31	1 April Fool's Day 	2	3 Good Friday 
Easter 	5 Easter 	6 Easter Monday 	7	8	9	10
12	13	14	15	16	17	18
19	20	21	22 Earth Day 	23	24	25
26	27	28	29	30	1	2
3	4	1GlowWithin Seasonal Glow Calendar Notes:				

May 2026



I step into my glow with confidence and lightness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5 Cinco de Mayo 	6	7	8	9
10 Mother's Day 	11	12	13	14	15	16 Armed Forces Day 
17	18	19	20	21	22	23
24 Pentecost	25 Pentecost Monday 	26	27	28	29	30
31	1	1GlowWithin Seasonal Glow Calendar Notes:				

SPRING GLOW REFLECTION

March • April • May

The Spring Rhythm

As spring comes to a close, reflect on how renewal showed up in your life.

What felt lighter or clearer this season?

What habits or routines supported growth?

Where did I notice renewed confidence or creativity?

What am I ready to carry into summer?

Growth can be gentle

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SUMMER GLOW

June • July • August

Energy • Strength • Radiance • Confidence

The Summer Rhythm

Summer supports vitality, strength, and expression. With longer days and higher energy, this season encourages movement, connection, hydration, and caring for your glow while staying balanced.

Strength & active movement

Outdoor fitness & play

Hydration rituals

Skin protection & repair

Glow-supported meals

Joy, connection & confidence

Glow boldly, rest intentionally

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June 2026

I move with energy while honoring my balance

SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day 	15	16	17	18	19 Juneteenth 	20
21 Father's Day 	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	1GlowWithin Seasonal Glow Calendar Notes:				

July 2026

I radiate confidence and celebrate my strength



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day 
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Parent's Day	27	28	29	30	31	1
2	3	1GlowWithin Seasonal Glow Calendar Notes:				

August 2026

I embrace the power of my light and radiance



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1GlowWithin Seasonal Glow Calendar Notes:				

SUMMER GLOW REFLECTION

June • July • August

The Summer Rhythm

As summer winds down, reflect on how your energy and vitality showed up this season.

What moments felt empowering or radiant this season?

What did I enjoy most about being active or social?

Where did I notice my energy expanding?

What do I want to carry with me into fall?

Your glow is unstoppable

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FALL GLOW

September • October • November

Balance • Nourish • Routine • Immune prep

The Fall Rhythm

Fall invites grounding, nourishment, and a return to supportive routines. As energy settles, this season focuses on balance, immune strength, gratitude, and preparing the body and mind for rest.

Back-to-routine fitness

Cozy self-care rituals

Warm, nourishing meals

Grounding & gratitude practices

Immune-supporting habits

Beauty from within support

Ground yourself in what sustains you

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September 2026

I return to rhythms that support my wellbeing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 Labor Day 	8	9	10	11 Patriot Day 	12
13 Grandparent's Day	14	15	16 Stepfamily Day	17 Citizenship Day	18	19
20	21	22	23	24	25 Native American Day 	26
27	28	29	30	1	2	3
4	5	1GlowWithin Seasonal Glow Calendar Notes:				

October 2026

I nourish my body and mind with consistency



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day 	13	14	15	16 Boss's Day	17 Sweetest Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween
1	2	1GlowWithin Seasonal Glow Calendar Notes:				

November 2026

I practice gratitude for what sustains me



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving 	2	3	4	5	6	7
8	9	10	11 Veterans' Day 	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving 	27 Black Friday 	28
29	30 Cyber Monday 	1	2	3	4	5
6	7	1GlowWithin Seasonal Glow Calendar Notes:				

FALL GLOW REFLECTION

September • October • November

The Fall Rhythm

As the year winds down, reflect on the rhythms and care that supported you

What routines or habits supported me most this fall?

Where did I feel more grounded or balanced?

What forms of nourishment made the biggest difference?

What am I grateful for as I prepare for winter?

Gratitude grounds the glow

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December 2026

I slow down and honor what this season asks of me



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7 Pearl Harbor Remembrance Day 	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 	26 Boxing Day 
27	28	29	30	31 New Year's Eve 	1	2
4	5	1GlowWithin Seasonal Glow Calendar Notes:				

Your 2026 Glow Journey

Your glow is built through gentle, consistent care.

Thank you for moving through the seasons with 1GlowWithin. May this calendar inspire gentle reflection, intentional care, and radiant energy throughout your year.



[Discover more seasonal wellness guidance at www.1glowwithin.com](http://www.1glowwithin.com)