

the breakup **glow up** challenge

30 days · five daily ticks · the glow up is the closure

"I'm doing this for me — if they notice, that's not the point."

1 Didn't check their profile 
not "never again" — just not today. mute them; the urge passes in ten minutes.

2 Moved your body anyway 
20 minutes of anything on purpose · one sad playlist allowed

3 Nothing drafted, nothing sent 
no texts, no story replies, no Notes-app paragraphs addressed to them

4 Told a friend instead 
when the urge hits, redirect it at a human who loves you · one message counts

5 Got ready for you 
skincare, hair, an outfit u like — especially on the days nobody sees you

COLOUR A PETAL PER TICK · FILL THE DAY WHEN ALL FIVE ARE DONE

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 🌸 ○○○○○

slipped and checked? **you don't restart.** miss the tick, keep the streak, back tomorrow 🌸