

31-Day Akanni Beauty December Glow-Up Prep Challenge

Get ready to step into 2025 with confidence! This 31-day challenge focuses on habits, self-care, organization, and mindset shifts to prepare you for your ultimate glow-up. Each day brings a small but impactful task.

Week 1: Reflect and Reset

1. **Declutter Your Space:** Spend 15 minutes clearing one area of your home.
 2. **Brain Dump:** Write down everything on your mind—tasks, worries, and goals.
 3. **Set Intentions:** Define your theme or word for 2025 (e.g., "growth" or "balance").
 4. **Clear Digital Clutter:** Organize your phone or email inbox.
 5. **Reflect on 2024 Wins:** List 5 accomplishments from the year.
 6. **Identify Lessons:** Write down key lessons learned in 2024.
 7. **Visualize 2025:** Spend 5 minutes imagining your dream life next year.
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Week 2: Organize and Plan

8. **Goal Setting:** Identify 3 key goals for 2025.
 9. **Prioritize Self-Care:** Schedule weekly "me time" into your calendar.
 10. **Plan Your January:** Block time for important tasks or events.
 11. **Create a Vision Board:** Use images or words to represent your 2025 goals.
 12. **Tidy One Small Area:** Declutter your purse, wallet, or car.
 13. **Organize Your Finances:** Review your budget and set savings goals.
 14. **Meal Plan:** Write a plan for healthy meals for the week.
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Week 3: Build Healthy Habits

15. **Drink More Water:** Aim for 8 glasses today.
 16. **Start Journaling:** Write about your feelings or goals.
 17. **Move Your Body:** Take a 20-minute walk or do a short workout.
 18. **Limit Screen Time:** Spend 1 hour device-free.
 19. **Practice Gratitude:** List 3 things you're grateful for.
 20. **Clean Out Your Closet:** Donate items you no longer need.
 21. **Try a New Recipe:** Cook something nourishing and fun.
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Week 4: Boost Confidence

22. **Pamper Yourself:** Do an at-home spa day (face mask, bath, etc.).
 23. **Affirmations:** Write and repeat 3 positive affirmations.
 24. **Unfollow Negativity:** Clean up your social media for positivity.
 25. **Do Something Outside:** Spend time in nature.
 26. **Dress Your Best:** Put on an outfit that makes you feel amazing.
 27. **Reflect on Your Glow-Up:** Write what a "glow-up" means to you.
 28. **Plan a Reward:** Choose how you'll celebrate milestones in 2025.
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Final Days: Step Into Your Glow-Up

29. **Tidy Up:** Organize your space for a fresh start in January.
 30. **Set Micro Goals:** Choose small habits to focus on for January.
 31. **Celebrate Yourself:** Reflect on your progress and toast to 2025!
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How to Stay Consistent

- **Track Your Progress:** Use a calendar or journal to check off tasks.
 - **Share the Journey:** Post updates on social media or share with friends.
 - **Reward Yourself:** Celebrate weekly milestones with small treats.
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By committing to this 31-day challenge, you'll set the foundation for a brighter, more organized, and confident 2025. Let's glow up! ✨