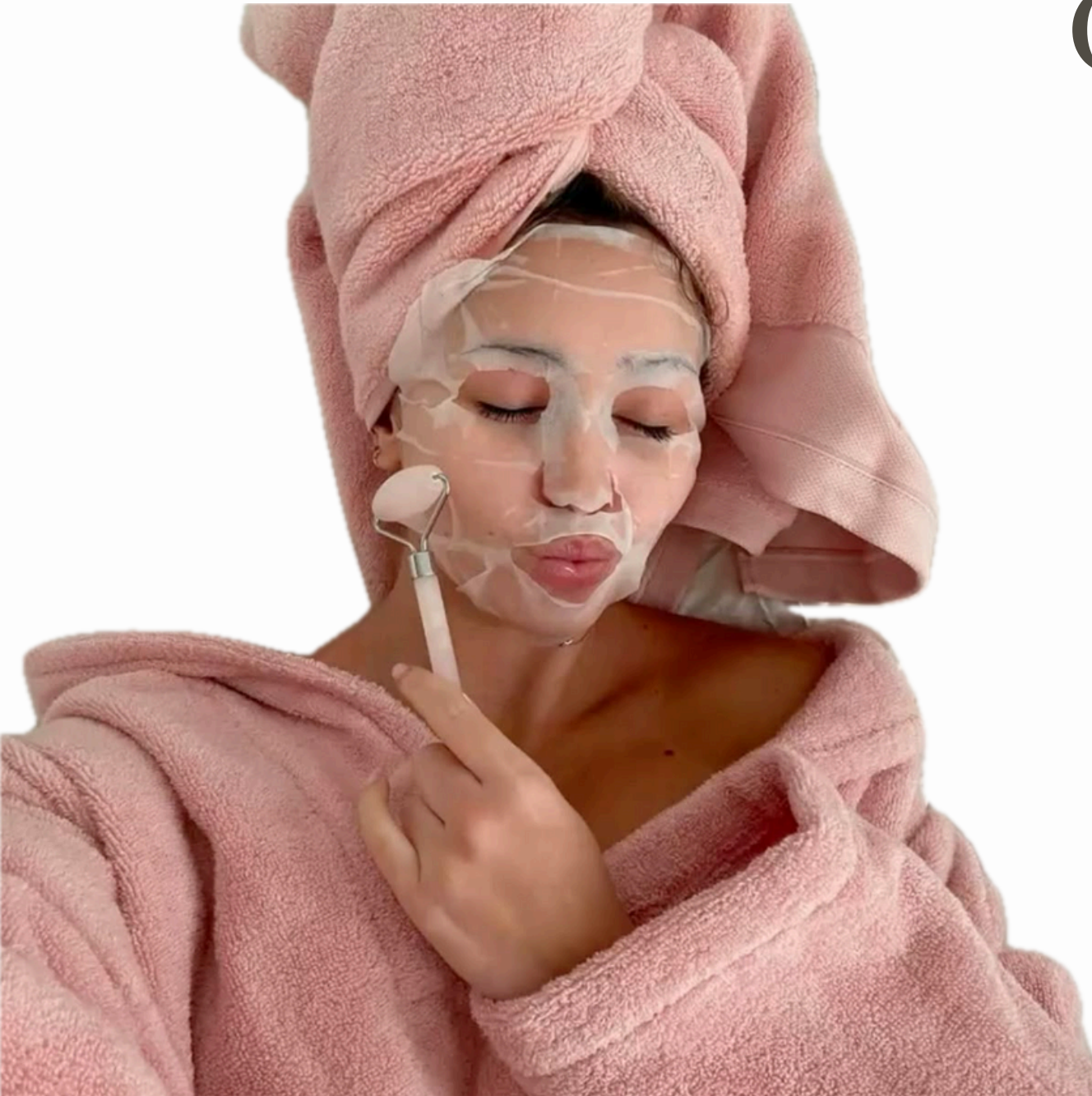


YOUR PERSONAL GLOW-UP JOURNEY

ENG DASHBOARD





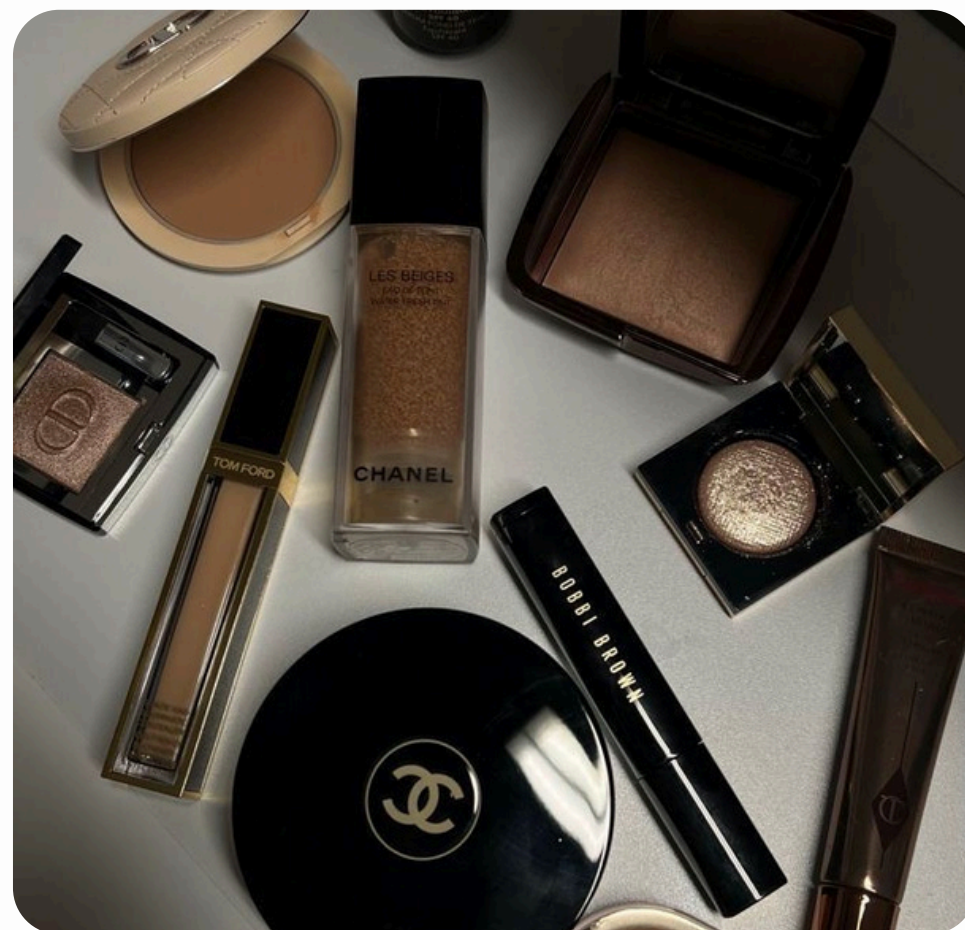
WOULD YOU RATHER

have glowing skin

V S

perfect hair every day?





WOULD YOU RATHER

never wear makeup again

VS

never get your nails done again



WOULD YOU RATHER

wear only comfy clothes

VS

only stylish clothes for a month?





WOULD YOU RATHER

work on your body

VS

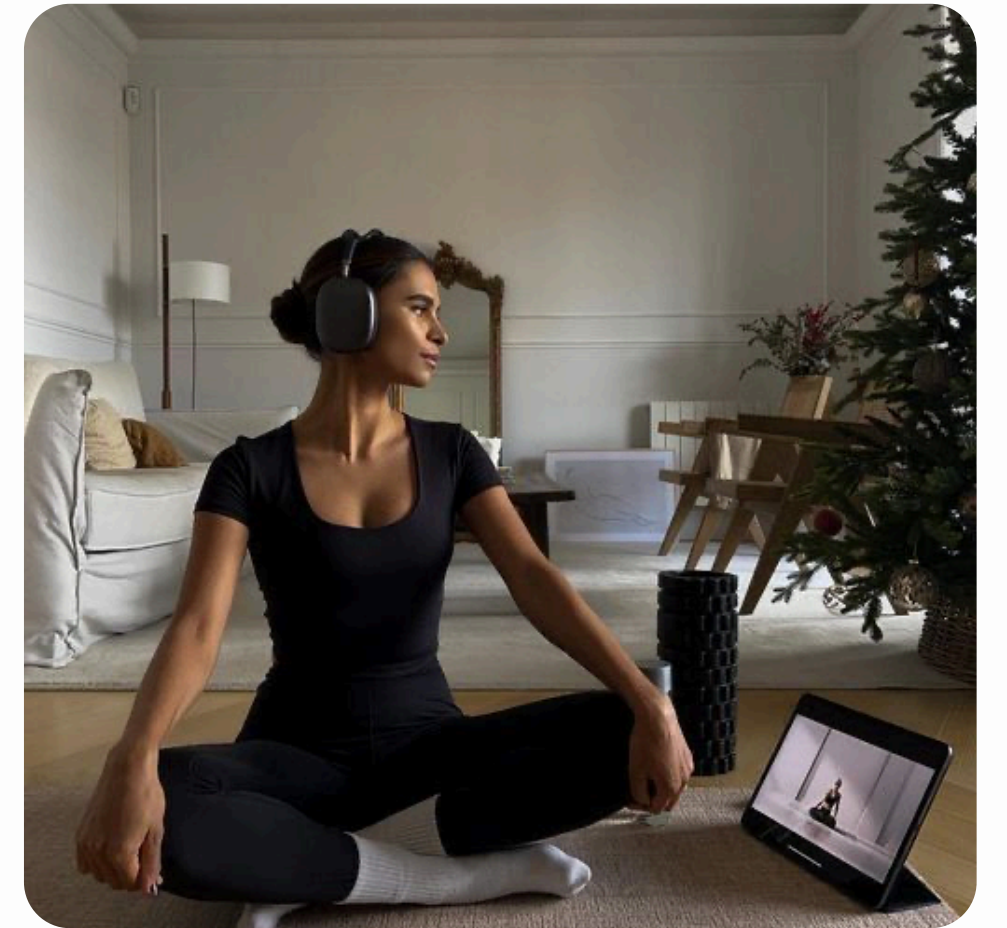
your mindset first in a glow-up





WOULD YOU RATHER

start your mornings with
journaling
VS
a workout





MATCH THE VOCABULARY WITH THE CORRECT DEFINITION.

- a. exfoliate
- b. posture
- c. self-care
- d. nourish
- e. declutter
- f. glow-up
- g. hydrate
- h. confidence
- i. radiate
- j. fresh start

- 1. To remove things that are not needed or useful anymore
- 2. The way you hold your body when standing or sitting
- 3. A personal improvement in appearance and mindset
- 4. To clean your skin by removing dead skin cells
- 5. Feeling sure about your abilities or appearance
- 6. To take care of your body, mind, and emotions
- 7. To drink enough water to keep your body healthy
- 8. To give your body the right food or nutrition
- 9. A chance to begin again in a positive way
- 10. To show or send out a strong feeling (like energy or beauty)



MATCH THE VOCABULARY WITH THE CORRECT DEFINITION.

- | | | |
|----------------|---|--|
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COMPLETE THE SENTENCES WITH THE CORRECT WORD FROM THE BOX.

glow-up, exfoliate, hydrate, posture, confidence, self-care, nourish, radiate, fresh start, declutter

1. Drinking water is essential to _____ your skin from the inside out.
2. A good night's sleep and some _____ can really boost your mood.
3. She decided to _____ her room before starting her new job.
4. After a full skincare routine, my face seems to _____ with energy.
5. A full-body _____ can change how others see you.
6. Daily exercise and healthy meals help me _____ my body.
7. Journaling every morning gives me a feeling of a _____.
8. I need to _____ my face twice a week to keep my skin smooth.
9. Her _____ grew after she started focusing on herself.
10. This 30-day challenge was a total _____ for him!

WHICH OF THESE WORDS OR HABITS DO YOU ALREADY USE
IN YOUR DAILY LIFE? WHICH WOULD YOU LIKE TO TRY?

COMPLETE THE SENTENCES WITH THE CORRECT WORD FROM THE BOX.

glow-up, exfoliate, hydrate, posture, confidence, self-care, nourish, radiate, fresh start, declutter

1. Drinking water is essential to **hydrate** your skin from the inside out.
2. A good night's sleep and some **self-care** can really boost your mood.
3. She decided to **declutter** her room before starting her new job.
4. After a full skincare routine, my face seems to **radiate** with energy.
5. A full-body **posture** can change how others see you.
6. Daily exercise and healthy meals help me **nourish** my body.
7. Journaling every morning gives me a feeling of a **fresh start**.
8. I need to **exfoliate** my face twice a week to keep my skin smooth.
9. Her **confidence** grew after she started focusing on herself.
10. This 30-day challenge was a total **glow-up** for him!

WHICH OF THESE WORDS OR HABITS DO YOU ALREADY USE
IN YOUR DAILY LIFE? WHICH WOULD YOU LIKE TO TRY?

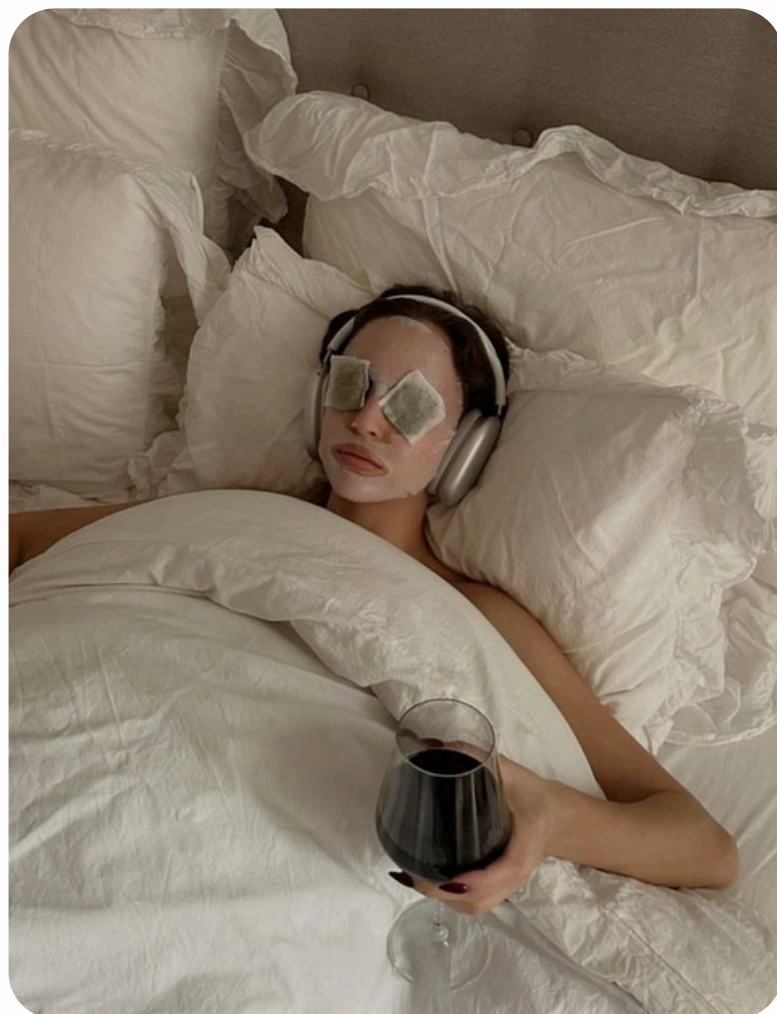


HOW TO GLOW-UP: SIMPLE TIPS TO FEEL AND LOOK BETTER

WANT TO FEEL YOUR BEST AND BOOST YOUR CONFIDENCE? A GLOW-UP IS NOT ONLY ABOUT APPEARANCE – IT'S ABOUT HOW YOU FEEL INSIDE. HERE ARE SOME EASY STEPS TO START YOUR GLOW-UP JOURNEY.

01 Skincare first

Start with a deep cleanse. Exfoliate to remove dead skin cells and hydrate with a nourishing moisturizer. For extra glow, try a face mask with vitamin C or hyaluronic acid.



02 Hydrate like it's your job

Drinking water is key to glowing skin and feeling better. Add lemon or cucumber for a fresh taste and keep sipping during the day.

03 Move your body

Find a workout you enjoy – walking, stretching, or dancing. Moving your body daily gives you more energy and helps your mood.

04 Dress like your best self

Choose clothes that make you feel amazing. Fabrics like satin or soft knits can highlight your best features and give you confidence.

05 Practice good posture

Stand tall, keep your head high and shoulders back. Good posture helps you feel stronger and look more confident.

06 Clean your space

Declutter your room and organize your things. A clean environment helps you feel calm and fresh – it's like a reset for your brain.

07 Speak kindly to yourself

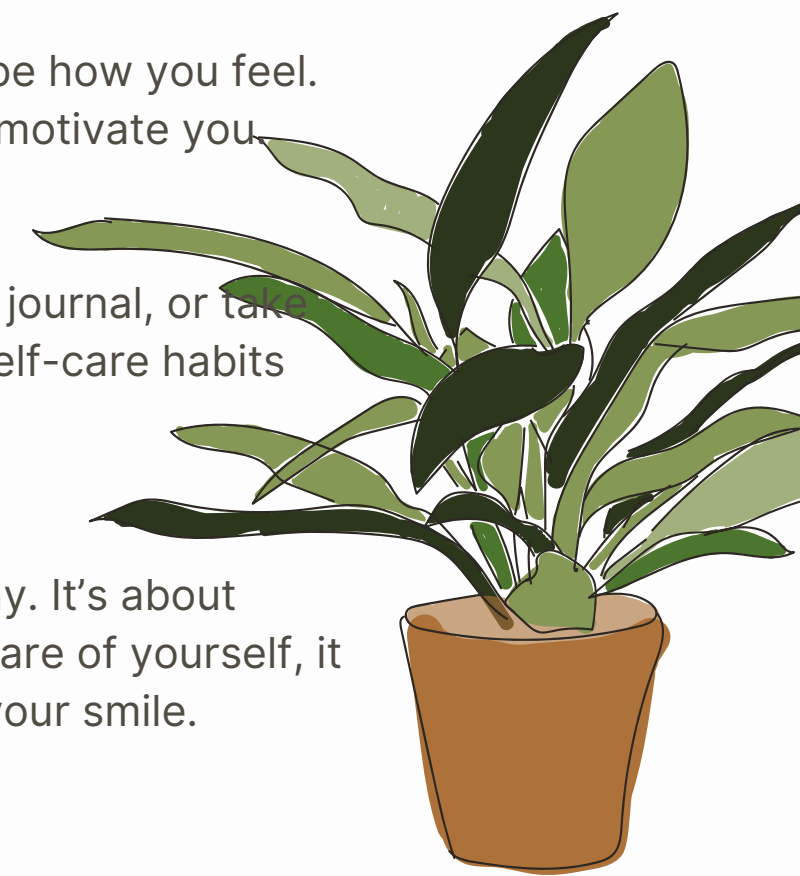
Stop negative self-talk. Your words shape how you feel. Practice saying things that support and motivate you.

08 Add little self-care moments

Light a candle, listen to music, write in a journal, or take a few quiet minutes just for you. Small self-care habits can make a big difference.

09 Be consistent

A real glow-up doesn't happen in one day. It's about small steps, every day. When you take care of yourself, it shows – in your energy, your face, and your smile.



DISCUSS

- Which tip from the text do you already follow? How does it help you?
- Which glow-up tip would be hardest for you to do? Why?
- What's your favorite way to relax or practice self-care?
- Do you think clothes really change how confident you feel? Why or why not?
- How does your room or space affect your mood?
- What's one thing you could start doing this week to feel better inside or outside?
- The text says, "Your words shape how you feel." Do you agree? Can you give an example?
- Do you believe a glow-up is more about the outside or the inside? Explain your opinion.





REFLECTION

- What's one glow-up habit you'll try this week?
- What helps you feel your best?

HW

Write a journal entry: "My Ideal Glow-Up Day" (use at least 5 new words)

or

Record a 1-minute video/vlog describing their plan