

✧ Soft Girl Reset Checklist ✧

Aesthetic Rituals to Romanticize Your Routine and Glow from Within

Morning Slow Down

- ☐ Wake up 15 minutes earlier to create space for stillness
- ☐ Sip warm lemon water while listening to soft music
- ☐ Set a daily intention or mantra
- ☐ Wear something cozy that makes you feel good
- ☐ Light incense or use an essential oil diffuser

Beauty & Wellness

- ☐ Do a gua sha or facial massage to awaken your skin
- ☐ Apply natural, soft-focus makeup (or go bare-faced and glowing)
- ☐ Take a mid-week bath soak with your favorite calming scents
- ☐ Use a hydrating face mask while journaling or reading
- ☐ Paint your nails or apply a nourishing hand balm

Creative Expression

- ☐ Write in your journal or gratitude log
- ☐ Curate a seasonal or mood-based music playlist
- ☐ Create a DIY project (air dry clay charms, collaging, etc.)
- ☐ Start a soft girl Pinterest board or mood collage
- ☐ Plan a screen-free hour just for creating or dreaming

Home & Ambiance

- ☐ Display fresh flowers or greenery in your space
- ☐ Light your favorite candle just because
- ☐ Tidy up a small area and style it with intention
- ☐ Create a cozy vignette with pillows, books, and soft lighting
- ☐ Play calming background music during chores or tasks

Nighttime Wind Down

- ☐ Do your skincare routine by candlelight
- ☐ Sip tea while journaling or reading
- ☐ Dim the lights and turn on a salt lamp or soft glow light
- ☐ Put your phone on airplane mode an hour before bed
- ☐ Reflect on one thing you loved about your day

Little things are the big things.

Your glow comes from how you care for yourself day to day.

Xx *Laura*

P.S. If you're loving the soft, dreamy decor on this checklist, you'll find more of it in my [digital clipart bundles](#). Perfect for planners, journaling, or adding a little extra charm to your mood boards & projects.

