# + 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

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

- Durite 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

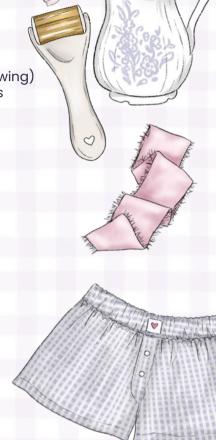
#### Little things are the big things.

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



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.







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