

Summer Glow-Up Vision Board Checklist

Ready to refresh your goals, radiate confidence, and create your dream summer? Use this stylish checklist to build a vision board that captures your glow-up journey.

- ☐ Define your Summer Intentions (Confidence, Peace, Health, etc.)
- ☐ Choose Your Affirmations (e.g., 'I am glowing from the inside out')
- ☐ Pick Inspiring Images (vacations, outfits, healthy meals, joyful moments)
- ☐ Add a Fitness or Self-Care Goal
- ☐ Include Quotes or Words That Empower You
- ☐ Use a Color Scheme that Sparks Joy (blush, gold, teal, etc.)
- ☐ Print or Paste to a Board You'll See Daily
- ☐ Set a Weekly Check-in with Your Vision

Your glow-up isn't just about looks - it's about feeling aligned, joyful, and empowered. Let this board be your visual reminder.