

**GLOW UP TO
YOUR POTENTIAL**

MARCH 2025

WHAT IS A GLOW-UP?

- A GLOW-UP ISN'T JUST ABOUT LOOKS, IT'S ABOUT TRANSFORMATION IN MINDSET, HABITS, AND HEALTH.
- THE KEY TO SUCCESS? ROUTINES. THEY SHAPE YOUR ENERGY, CONFIDENCE, AND PRODUCTIVITY
- RESEARCH SHOWS STRUCTURED ROUTINE IMPROVES MENTAL CLARITY, EMOTIONAL RESILIENCE, AND PHYSICAL HEALTH.



THIS PRESENTATION WILL HELP YOU BUILD POWERFUL DAILY HABITS TO REACH YOUR FULL POTENTIAL

MORNING ROUTINE – START STRONG

WHY MORNING ROUTINES MATTER:

- SETS THE TONE FOR THE DAY, INCREASES PRODUCTIVITY, AND REDUCES STRESS.
- BOOSTS FOCUS, MOOD, AND ENERGY LEVELS.
- HELPS REDUCE ANXIETY AND STRESS

MORNING ROUTINE - WITH MEL ROBBINS

MEL ROBBINS IS A RENOWNED SPEAKER, AUTHOR, AND EXPERT ON PERSONAL DEVELOPMENT, MOTIVATION, AND BEHAVIOR CHANGE. SHE HAS OVERCOME HER OWN BATTLES WITH SEVERE ANXIETY, FINANCIAL STRUGGLES, AND PERSONAL SETBACKS BY USING PRACTICAL, SCIENCE-BACKED STRATEGIES TO TRANSFORM HER LIFE.

SHE IS BEST KNOWN FOR HER BESTSELLING BOOKS, INCLUDING THE 5 SECOND RULE AND THE HIGH 5 HABIT, WHICH FOCUS ON OVERCOMING PROCRASTINATION, SELF-DOUBT, AND BUILDING CONFIDENCE. THROUGH HER PODCAST, PUBLIC SPEAKING, AND RESEARCH-DRIVEN ADVICE, MEL HAS HELPED MILLIONS OF PEOPLE AND WORKS WITH MAJOR BRANDS TO IMPROVE PRODUCTIVITY, MINDSET, AND WELL-BEING.

KEY BASIC MORNING HABITS ACCORDING TO MEL ROBBINS:

1. NO SNOOZE BUTTON - TRAIN YOUR BRAIN FOR DISCIPLINE.
2. MAKE YOUR BED - STARTS THE DAY WITH ACCOMPLISHMENT.
3. GIVE YOURSELF A HIGH FIVE - BOOSTS SELF-CONFIDENCE.
4. DRINK WATER BEFORE CAFFEINE - REHYDRATES AND BOOSTS METABOLISM.
5. GET SUNLIGHT EXPOSURE - HELPS REGULATE SLEEP-WAKE CYCLES.
6. MOVE YOUR BODY - INCREASES ENERGY, IMPROVES MOOD.

THE TWO-MINUTE MORNING PRACTICE

Neil Pasricha's simple, research-backed method helps shift focus from negativity to positivity, reducing stress and improving emotional resilience.

The practice involves writing down three things every morning:

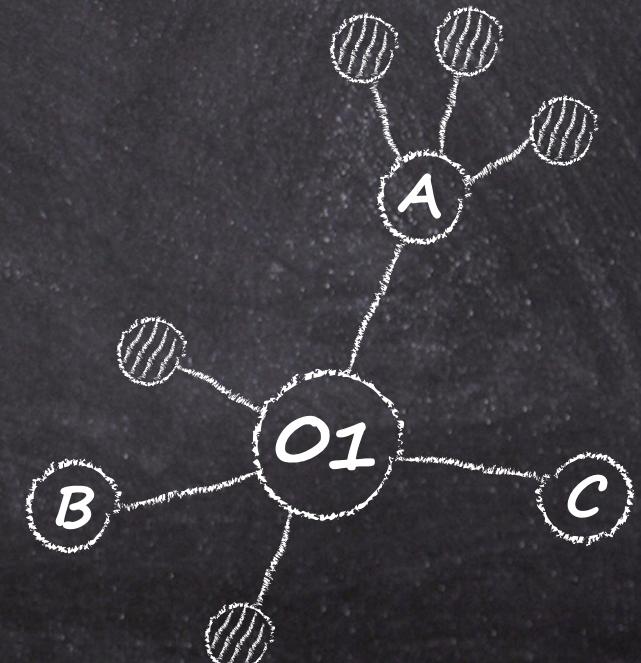
"I will let go of..."
"I am grateful for..."
"I will focus on..."

How It Enhances a Morning Routine

- Rewires the brain to focus on the positive rather than stressors (reducing amygdala overactivity).
- Takes only two minutes, making it an easy and sustainable habit.
- Boosts resilience and productivity, leading to a stronger mindset throughout the day.

WHO'S NEIL PASRICHA?

NEIL PASRICHA IS A BESTSELLING AUTHOR, SPEAKER, AND EXPERT ON HAPPINESS AND RESILIENCE. HE IS BEST KNOWN FOR HIS BOOKS, INCLUDING THE BOOK OF AWESOME AND THE HAPPINESS EQUATION, WHICH FOCUS ON MENTAL WELL-BEING, GRATITUDE, AND POSITIVE PSYCHOLOGY. HIS RESEARCH-BACKED TECHNIQUES—SUCH AS THE TWO-MINUTE MORNING PRACTICE—HELP INDIVIDUALS SHIFT THEIR FOCUS FROM NEGATIVITY TO POSITIVITY, IMPROVING EMOTIONAL RESILIENCE AND REDUCING STRESS. HIS WORK HAS BEEN FEATURED IN HARVARD BUSINESS REVIEW, TED TALKS, AND CORPORATE LEADERSHIP PROGRAMS



THE TWO-MINUTE MORNING PRACTICE

2

"I will let go of..."

- Helps reduce stress by releasing negative emotions and regrets.
- Studies show that writing down worries can lower anxiety and increase problem-solving ability



3

"I will focus on..."

- Reduces decision fatigue and increases daily productivity.
- Neuroscience research supports that focusing on specific, actionable goals increases motivation and clarity.

"I am grateful for..."

- Strengthens positive thinking and emotional well-being.
- Research shows that a 10-week gratitude practice improves happiness and physical health.

NIGHTTIME ROUTINE

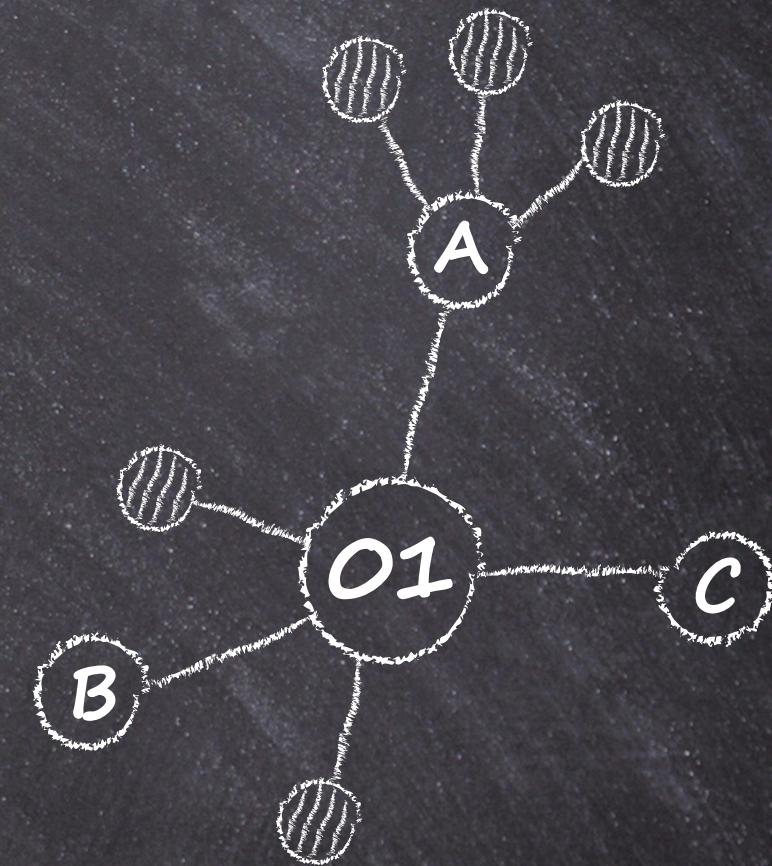
- RECHARGE & RESET

Why Night Routines Matter:

- Quality sleep = better focus, lower stress, and improved health.
- Helps you wake up refreshed, not drained.

Key Nighttime Glow-Up Habits:

- Limit screen time before bed – Blue light disrupts sleep quality.
- Write down tomorrow's goals – Reduces stress, improves focus.
- Gratitude practice or journaling – Enhances emotional well-being.
- Stretch or relax – Prepares the body for deep rest.
- Go to bed at the same time – Builds a strong sleep cycle



THE SCIENCE BEHIND BLUE LIGHT & SLEEP

What is Blue Light?

- A high-energy light wavelength that boosts alertness, reaction time, and mood during the day.
- Commonly emitted by phones, tablets, TVs, LED lights, and computer screens.

Blue Light & Sleep Disruption

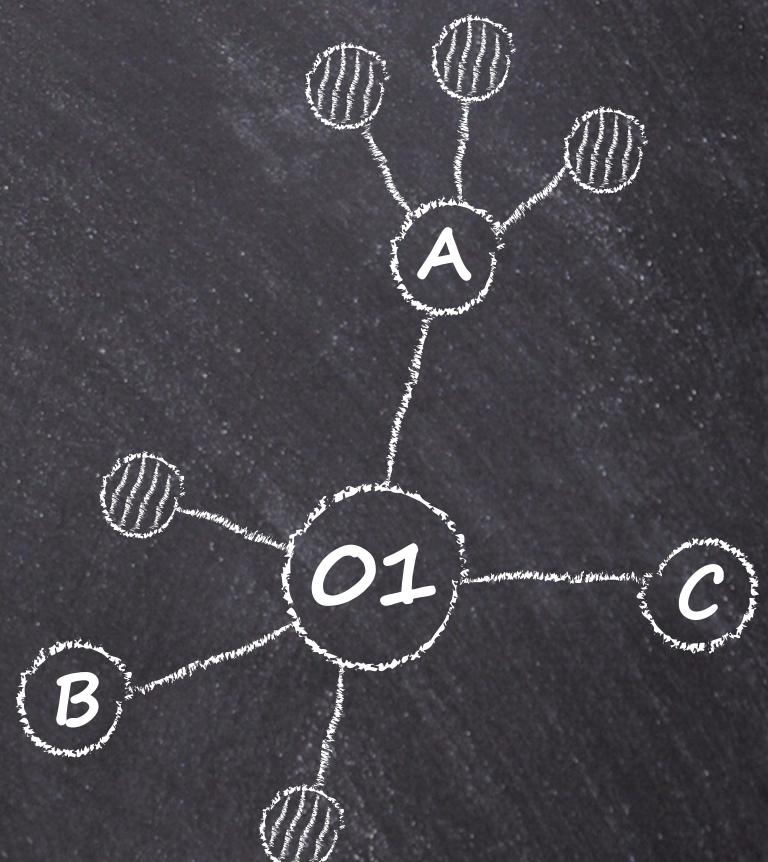
- Exposure to blue light at night suppresses melatonin, the hormone that regulates sleep.
- Disrupts the circadian rhythm, making it harder to fall and stay asleep.
- According to Dr. Charles Czeisler, research shows that daylight keeps the body's internal clock aligned, artificial light disrupts this balance.

Long-Term Health Effects of Nighttime Light Exposure

- Linked to an increased risk of diabetes, heart disease, obesity, and cancer.
- Night shift workers are particularly affected due to constant exposure to artificial light.

How to Improve Sleep Quality:

- Reduce screen time 1-2 hours before bed.
- Use blue light filters or night mode on devices.
- Dim indoor lights in the evening.
- Maintain a consistent sleep schedule.
- Use blue light filtering glasses



BETTER SLEEP = BETTER HEALTH, FOCUS, AND WELL-BEING!

PHYSICAL WELLNESS



Why Physical Health is Part of a Glow-Up:

- A healthy body = more energy, confidence, and longevity.



Essential Daily Habits:

- Hydration – Drink at least 8 cups of water a day.
- Balanced meals – Eat nutrient-dense foods for sustained energy.
- Regular movement – Walk, stretch, or exercise daily.
- Good posture & deep breathing – Boosts confidence & reduces stress.

CREATE YOUR PERSONALIZED ROUTINE

1. SET CLEAR GOALS

- IDENTIFY YOUR PURPOSE: WHY DO YOU WANT TO BUILD A ROUTINE? (E.G., BETTER SLEEP, STRESS MANAGEMENT, FITNESS, PRODUCTIVITY)
- SMART GOALS: MAKE YOUR GOALS SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND.

2. BREAK IT DOWN INTO MANAGEABLE STEPS

- START SMALL: DON'T TRY TO CHANGE EVERYTHING AT ONCE. START WITH 1-2 KEY HABITS.
- PRIORITY: FOCUS ON YOUR TOP PRIORITIES FIRST, THEN BUILD FROM THERE.

3. ESTABLISH A TIME-BLOCKING SYSTEM

- BLOCK OUT TIME FOR EACH ACTIVITY DURING THE DAY (MORNING, WORK, EVENING) TO CREATE STRUCTURE.
- USE TOOLS LIKE PLANNERS, DIGITAL CALENDARS, OR TO-DO LISTS.

4. MAKE IT CONSISTENT

- SET A REGULAR SCHEDULE: TRY TO WAKE UP, EAT, EXERCISE, AND SLEEP AT THE SAME TIME EACH DAY.
- USE REMINDERS: PHONE ALARMS, STICKY NOTES, OR APPS TO REMIND YOU OF KEY TASKS.

5. TRACK PROGRESS & ADJUST

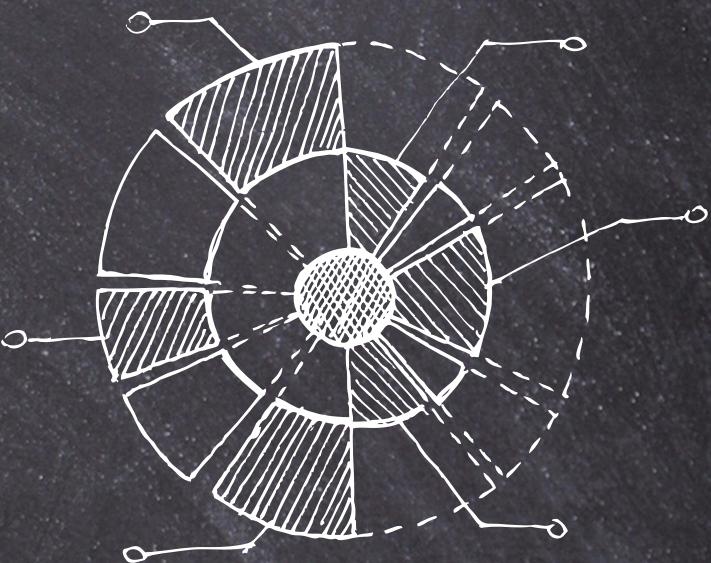
- REVIEW WEEKLY: AT THE END OF EACH WEEK, ASSESS HOW WELL YOU STUCK TO YOUR ROUTINE.
- ADJUST AS NEEDED: MODIFY ROUTINES TO BETTER ALIGN WITH YOUR GOALS OR LIFE CHANGES.

6. ADD ACCOUNTABILITY

- SHARE WITH SOMEONE: TELL A FRIEND, FAMILY MEMBER, OR COLLEAGUE ABOUT YOUR ROUTINE GOALS TO STAY MOTIVATED.
- USE TRACKING APPS: MANY APPS TRACK HABITS, KEEPING YOU ACCOUNTABLE.

7. BE KIND TO YOURSELF

- EXPECT SETBACKS: LIFE HAPPENS! DON'T BE DISCOURAGED BY SLIP-UPS.
- FOCUS ON PROGRESS, NOT PERFECTION. EVERY DAY IS A NEW OPPORTUNITY TO IMPROVE.



YOUR GLOW-UP STARTS NOW!

- Small habits create big transformations.
- Your daily choices shape your future so Start today!
- What's ONE habit you'll start implementing?
- Follow your progress & keep glowing up!

REFERENCES

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