

A close-up, high-contrast photograph of a woman's face, focusing on her right eye and cheek. Her skin is a warm, golden-brown tone and is covered in a fine, shimmering glitter or highlighter, giving it a dewy, radiant appearance. Her right eye is dark and looking directly at the camera. She has a gold-colored hoop earring visible on her left ear. The lighting is soft but directional, creating highlights on her cheekbones and under her eye.

THE 7-DAY GLOWUP GUIDE

SHINE BRIGHTLY.

A guide to turn your glow all the way on.

GOOD WOMANHOOD



CONGRATS!

You've taken a first step to
your glowing transformation.
Your self-care practices are
about to get major upgrade.

GOOD WOMANHOOD

THE GLOW UP LIFESTYLE

glow
/glō/

“a steady radiance of light
or heat.”

Glowing up is a lifestyle. It includes more than simply eating better and exercising.

It means transforming from the inside out, to shine your unique light in the world.

Purposefully and authentically.



GOOD WOMANHOOD



IT'S A NOT A MOMENT, IT'S A MOVEMENT.

Commit to this plan as a lifestyle change.

GOOD WOMANHOOD

THIS IS YOUR UNIQUE JOURNEY, BEAUTIFUL.



This guide is not a one-size-fits-all prescription because...

You are on your own your unique journey.

All sustainable transformation begins with:

- 1) conscious intention,
- 2) a motivated mindset, and
- 3) clarity about your WHY

→ PREPARE



01.

HAVE A STRONG WHY

To increase commitment to your glow up goals, spend a few minutes journaling about your desired outcomes and why they matter to you.

→ PREPARE

02.

MIND YOUR MINDSET

One big blocker that could stand in the way of your goals is: negative thought patterns that can make you feel disempowered. This includes negative thinking such as doubt in your abilities and dwelling on past mistakes.

Dismiss any thought that does not serve the NEW you that you are creating.



→ PREPARE



03.

IDENTIFY ANY OBSTACLES

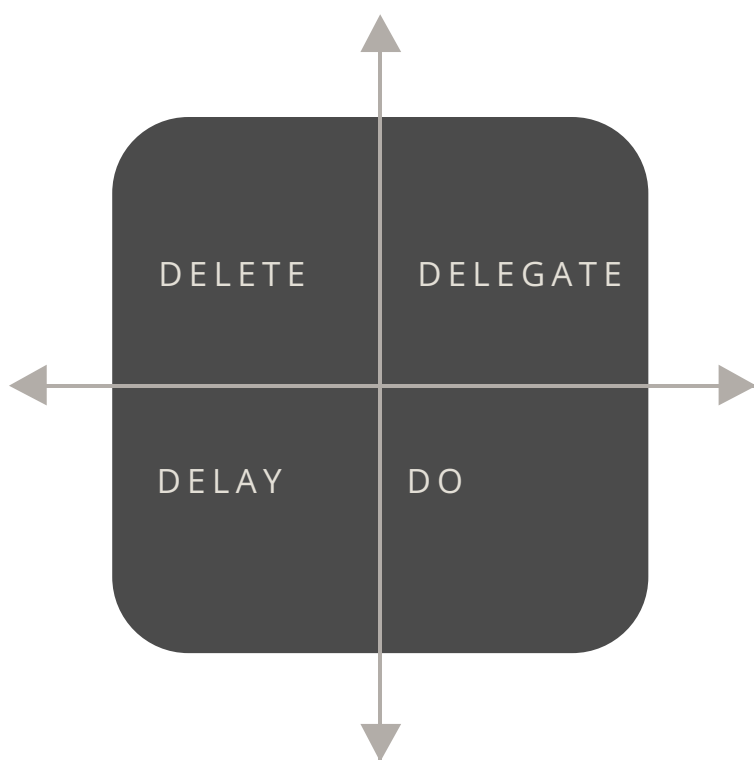
Who or what could stand in your way of success?

Take time to name each one.

What action will you take to avoid, overcome, or remedy them?

→ PREPARE

04. PLAN YOUR DAY LIKE A CEO



There is **always** time for the most important things. The trick is to categorize your task list to maximize your time.

One way to do this is to examine all of your time commitments and determine where each one belongs in each of the 4 quadrants.



You are the CEO of your life.

→
HIRE AND FIRE
ACCORDINGLY.

GOOD WOMANHOOD

→ PREPARE



05. GATHER YOUR RESOURCES

Get any books, groceries, supplements, tools and resources that you'll need to succeed. This includes getting a journal, if you don't already have one.

GLOW ON!

THE 5 PILLARS

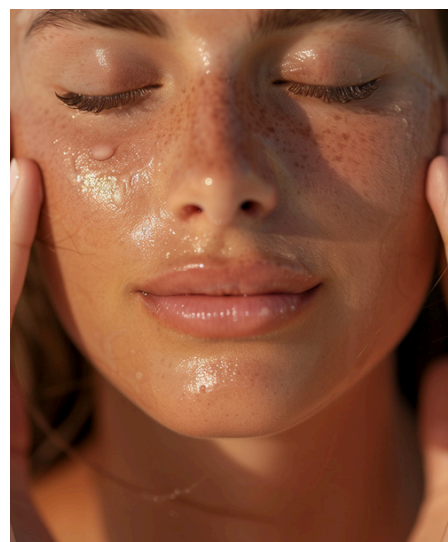
These are the 5 key elements that will be focus of your glow up. The goal is to incorporate more of each element into your daily routine.



WATER



MEDITATION



EXERCISE



NUTRITION



DECLUTTER

GOOD WOMANHOOD

WATER

THE 5 PILLARS

→ **Glow is impossible without hydration.**

Your body is largely made of water. Think of your daily water intake as “rinsing your body out” from the inside. This helps the body rejuvenate on every level.

Aim for 8 glasses of purified water a day.

BONUS: Go for high alkaline or electrolyte-enhanced for extra hydration.



You can also consider a juice cleanse for hydration that delivers on taste and antioxidants. But, if you choose to buy juices, be sure to select juice without preservatives or added sugar.

MEDITATION

THE 5 PILLARS

→ **In the quiet is when the soul speaks.**

Make time each day for quiet meditation. Even better, spend a few minutes journaling your thoughts. A morning meditation guide has been provided to help you but feel free to meditate any time of day.

Put your electronic devices down, quiet your environment, then quiet your mind.



A regular practice of meditation can reveal areas where you need to heal, improvements that your body is hungry for, and what is truly right for you.

EXERCISE

THE 5 PILLARS

→ **A good sweat clears the pores, releases toxins, and lifts the mood.**

It might be hard to make time for it in your busy schedule but exercise is a critical element of any serious glow up goal.

Cardio exercise is recommended but any conscious movement that feels good to your body should be your guideline.

Remember: Your body is mostly made of water.



What happens when water doesn't move?

Strength-training, walking, pilates, barre, and swimming are all excellent exercise options.

The goal is to get moving and activate your body's healing system.

→ **Fill your plate with plants.**

This one is a no-brainer.
The old axiom is true:

“You are what you eat.”

Aim for as many fresh raw fruits and veggies as possible with small doses of protein, depending on your fitness level. Fruits and vegetables cleanse and detox while enabling healthy elimination.

A good rule of thumb:
your plate should be full
of plants.



Your body is the greatest authority on what works for you. Notice what gives you energy and what makes you tired. The right food for you should give you energy.

DECLUTTER

THE 5 PILLARS

→ **Clear the clutter to make space for what you desire.**

Clearing the clutter from your life is a regular practice. You may need to cut back certain experiences, people, habits, and anything else that creates unhealthy stress in your life.

Remember: you are the CEO of your life.

Most of what happens to us is a result of what we allow.



Notice all your feelings. Meditate on what is serving you and what isn't. Commit to declutter anything from your life that stands in the way of your glow.

Remember:

PROGRESS
OVER
PERFECTION.



GOOD WOMANHOOD

HOW TO EXECUTE THIS PLAN

1.

Decide how you will incorporate the 5 pillars into your routine for the next 7 days. Gather supplies and resources.

2.

Each morning, or whatever time of day you select, use the questions on the ... to spend a few minutes journaling found on the **Glow Up Morning Meditation**.

3.

At the end of each day, use the **Glow Up Daily Plan**, to notice your thoughts and feelings as well as any observations about your day.

GLOW UP

morning meditation

DATE: / /

S M T W T F S

WHAT DID YOU LOVE ABOUT HOW YOU SHOWED UP YESTERDAY? WHAT DO YOU REGRET?

TODAY I'M GRATEFUL FOR:

1.

2.

3.

WHAT DO YOU WANT TO DO DIFFERENTLY TODAY?



VICTORY ROUND-UP

WHAT DID YOU ACCOMPLISH
YESTERDAY TOWARD YOUR GOALS?

GOOD WOMANHOOD

GLOW UP

daily plan

DATE: / /

      
S M T W T F S

TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE



MOOD
METER



IN 5 WORDS OR LESS, DESCRIBE
YOUR MOOD.

FOOD LOG:

MOVEMENT / EXERCISE LOG:

WHO OR WHAT DID YOU SAY "NO"
TO TODAY IN ORDER TO PRIORITIZE
YOUR GOALS?

HOPE YOU ENJOYED THIS GUIDE!

Hi, I'm April Frazier, founder of Good Womanhood.

I am a lane-changer, world-wanderer and a whole-hearted believer that every woman deserves to feel good in her skin.



I was a software developer before divorce catapulted me into the most impactful transformation of my life.

I used to be afraid to be myself. Slowly, I learned how to turn my glow all the way on.

Now, I help other women tap into the most powerful expression of your true self. Because you deserve to glow. *Unapologetically.*



Wanna

GO DEEPER?

Get access to more resources,
tools, and practices to deepen
your glow.

JOIN THE

→ KNOWING WOMAN

WAITLIST!

GOOD WOMANHOOD