

# 10 Day SoberGlow Tracker



*“**Self-care** is how you take  
your **power** back.”*

Today I feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stretch & Manifest ☐  
Morning Skincare Routine ☐  
Daily Movement ☐  
Evening Skincare Routine ☐

Hydrate:



I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Scan the QR Code for my  
Shop Link or DM me for  
personal recommendations

Tel: 07909 528 902  
@soberglowgetter



***Keep glowing-** you are building  
something **beautiful** everyday*



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***"Discipline is the highest  
form of self-love."***

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\_\_\_\_\_  
\_\_\_\_\_

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*"Healing is not becoming **who you were**,  
it's becoming who you're **meant to be**."*

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*"You are your **home**. Take care  
of yourself like you **live there**."*

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***“You are stronger than the things that try to **dim you.**”***

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\_\_\_\_\_  
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***“Be proud of the woman  
you’re becoming.”***

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\_\_\_\_\_  
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*"Your **habits** create your  
**healing**."*

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***“Every day you choose  
peace over chaos, you win.”***

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*“Keep **glowing**- the world  
needs your **light**.”*

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*"You didn't come this far to  
**only come this far.**"*

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