

# REINVENT YOURSELF:

## *the exclusive checklist*

### PHYSICAL APPEARANCE

- Upgrade your wardrobe
- Start a consistent workout routine
- Follow a healthy diet
- Create a skin care routine and stick to it
- Find a signature haircut/hairstyle

### MINDSET

- Practice gratitude every day
- Meditate
- Declutter your mind by journaling
- Follow a self care routine
- Let go of grudges

### ENVIRONMENT

- Redecorate your space
- Create a designated area for work
- Move to a new city/neighborhood
- Digital decluttering

### CAREER & SUCCESS

- Set career goals for 1, 3 & 5 years
- Learn a new skill
- Start a side hustle
- Create a budget

### PERSONAL GROWTH

- Start a positive morning/night routine
- Read personal development books
- Daily Journaling
- Identify core values
- Step out of your comfort zone

### SOCIAL LIFE & RELATIONSHIPS

- Let go of toxic relationships
- Make new friends
- Social media cleanup
- Expand your network

### PASSIONS & CREATIVITY

- Try a new hobby
- Travel to places that inspire you
- Create a vision board
- Document your journey through vlogs, blogs or journals