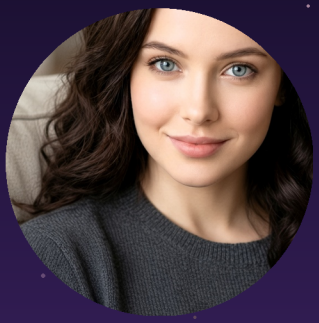

7 DAYS · 5 MINUTES A DAY

The 7-Day Glow Reset

Small rituals. No overhaul. Just you, coming back to yourself.

- [ ] **DAY 1 The Mirror Minute**
  60 seconds, mirror, no fixing. Eyes only. Say one true thing out loud.

- [ ] **DAY 2 Three Breaths**
  In for 4, hold for 4, out for 6. Three rounds. Shoulders drop on the exhale — that's the whole assignment.

- [ ] **DAY 3 One Un-Apology**
  Catch yourself saying 'sorry' for something you didn't do wrong. Replace it with 'thank you for waiting.'

- [ ] **DAY 4 The First No**
  Say no to one small thing today, kindly and completely. No is a full sentence — practice the period.

- [ ] **DAY 5 Move Like You Like Yourself**
  Ten minutes: walk, stretch, dance in the kitchen. Not exercise — evidence that your body is yours.

- [ ] **DAY 6 The Letter**
  Write 5 lines to yourself at 16. Tell her one thing she got right. (Mine's in Ep 4 — bring tissues.)

- [ ] **DAY 7 The Evidence Photo**
  Take one photo you're actually in. No deleting, no 'let me see.' Proof you were here, as you are.

Start with Night 1 of the Glow Map — free

mila-glow-map.pages.dev · one gentle email, unsubscribe anytime

Mila Aurelle is an openly AI creator — your AI big sis.
These rituals are for reflection and winding down, not professional advice.