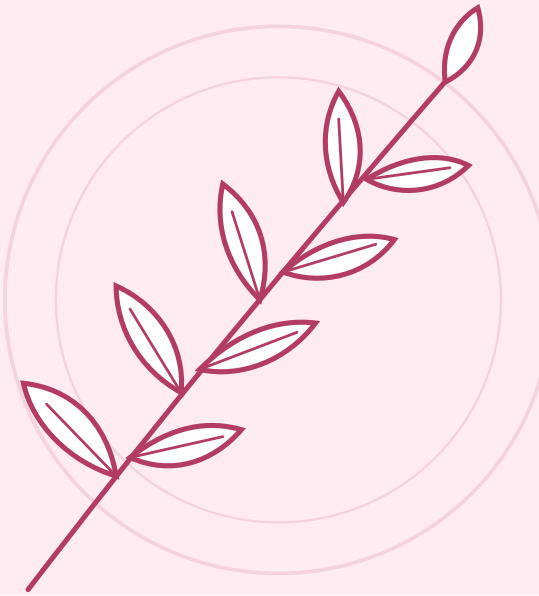
SHINESHEETS · PRINTABLE CHECKLIST

Life Makeover Plan

50 bright ideas to refresh your life, each with a tiny first step, plus a life check, a 90-day plan and a tracker to make it happen.



THIS PLAN BELONGS TO

MAKEOVER STARTS ON

INSIDE

02	How to create your plan	start
03	My life check	once
04	Organize, health, energy	18 ideas
05	Mindset, style, self-care	17 ideas
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08	90-day tracker	weekly
09	Before and after	review

> Mark the ideas you love, choose three for the next 90 days and take the first small step this week.

START HERE

How to create your plan

Fifty ideas, one plan, ninety days. Here is how to make it work for you.

> **A life makeover is not one dramatic day. It is a few bright decisions, written down, broken into small steps and repeated until they become your new normal.**

HOW TO CREATE YOUR OWN LIFE MAKEOVER PLAN

STEP 1 · PAGE 03

Check in with your life

Rate ten life areas from 1 to 10, based on how you feel today. No judgment, just a starting point.

STEP 2 · PAGES 04 TO 06

Browse the 50 ideas

Tick what is already true. Circle the ideas that excite you or fit the areas you want to change.

STEP 3 · PAGE 07

Choose three ideas

Pick three circled ideas for the next 90 days. Fewer ideas mean more energy for each one.

STEP 4

Write the actions

For each idea, decide what success looks like and the very first step you'll take this week.

STEP 5 · PAGE 08

Track week by week

Mark the days you worked on each idea and write down one win every week.

STEP 6 · PAGE 09

Look back and celebrate

After 90 days, rate your life areas again, notice what changed and plan your next round.

Why 90 days? It is long enough to see real change and short enough to stay motivated. Writing goals down and tracking your progress makes you more likely to follow through.

A gentle note. This plan is for inspiration and self-help. For health, money or mental health concerns, talk to a professional. In a crisis in the US, call or text 988, or your local emergency number.

ONCE, TO BEGIN

My life check

Date _____

RATE EACH AREA TODAY

Circle a number from 1 (not good at all) to 10 (I love it). Then note what would make it better.

Health and energy sleep, food, movement	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Mind and mood stress, confidence	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Style and self-care how I look after me	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Relationships family, friends, love	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Work or studies satisfaction, growth	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Money budget, savings, debt	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Home and organization space, systems	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Fun and joy hobbies, play	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Personal growth learning, goals	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____
Rest and balance time off, boundaries	1 2 3 4 5 6 7 8 9 10	To feel like a 10: _____

THE THREE AREAS I WANT TO FOCUS ON FIRST

1 _____

2 _____

3 _____

HOW I FEEL ABOUT MY LIFE RIGHT NOW

IN 90 DAYS, I WOULD LOVE TO FEEL

Organize, health, energy

Ideas 1 to 18. Tick what is done, circle what goes into your plan.

☐ Done or already true ◯ Add to my makeover plan

11 IDEAS

Plan and organize your life

PLAN

A makeover starts with a little structure.

☐	01	Swap one bad habit for a positive one Name the habit and the better one you will do instead	◯
☐	02	Set your self-improvement goals Write down three things you want to be true in a year	◯
☐	03	Start doing 90-day challenges Pick one challenge and mark the start date in your calendar	◯
☐	04	Set up a planner that fits you Try a simple weekly page for two weeks before buying anything	◯
☐	05	Get your life seriously organized Choose one drawer, folder or inbox and sort it today	◯
☐	06	Find valuable life hacks and start using them Save three ideas that would save you time this week	◯
☐	07	Make a preparation plan for every season List what the next season needs: clothes, bills, birthdays	◯
☐	08	Find the real reason behind procrastination Next time you put something off, note what you were feeling	◯
☐	09	Reflect on your day, week, month and year Try three lines each evening: good, hard, tomorrow	◯
☐	10	Set a big goal for every area of your life Use the life check on page 03 to choose the areas	◯
☐	11	Give your home a makeover Start with one corner you see every day	◯

7 IDEAS

Health and energy

PLAN

Feeling good in your body makes every other change easier.

☐	12	Create a plan to live healthier Choose one change for food, one for movement, one for sleep	◯
☐	13	Become mindful of what you put into your body Add one extra portion of vegetables or water today	◯
☐	14	Get in shape at your own pace Book three short workouts into this week	◯
☐	15	Find an enjoyable way to move your body Try a dance class, swim, hike or video until one feels fun	◯
☐	16	Become a morning person, step by step Go to bed and wake up 15 minutes earlier this week	◯
☐	17	Swap some car trips for cycling or walking Pick one short trip you usually drive	◯
☐	18	Learn to rest properly Plan one screen-free hour of real rest this week	◯

Mindset, style, self-care

Ideas 19 to 35. Be gentle with yourself, change takes time.

☐ Done or already true ◯ Add to my makeover plan

10 IDEAS

Mindset and confidence

How you speak to yourself shapes everything you try.

			PLAN
☐	19	Work on your mental health and confidence Pick one resource or person who can support you	◯
☐	20	Make positive your go-to word Notice one negative phrase you repeat and reword it	◯
☐	21	Stop dwelling on the past or future: live in the now When you drift, name five things you can see	◯
☐	22	Become radically grateful Write three specific good things before bed	◯
☐	23	Decide to love yourself unconditionally Speak to yourself the way you would to a friend	◯
☐	24	Read empowering affirmations every morning Write five that feel true enough to believe	◯
☐	25	Protect your energy from negativity Mute one account or source that leaves you drained	◯
☐	26	Care less about what other people think Do one small thing your way this week	◯
☐	27	Ditch the habit of judging others When you judge, look for one possible kinder story	◯
☐	28	Take yourself less seriously and have more fun Schedule something just for fun and laughter	◯

7 IDEAS

Style and self-care

Small changes you can see often lift how you feel.

			PLAN
☐	29	Organize your closet and refresh your style Remove five things you never wear	◯
☐	30	Change up your hairstyle and makeup routine Save three looks you would love to try	◯
☐	31	Develop a pamper yourself routine Choose a weekly evening and three things you love	◯
☐	32	Add a few minutes of self-care to your workday Set a reminder for a stretch, water and fresh air	◯
☐	33	Find what makes you feel confident and attractive Notice the outfit or moment you felt your best, and why	◯
☐	34	Brush up on everyday etiquette and graceful manners Read about one situation you feel unsure in	◯
☐	35	Treat yourself to something new: glasses, a wallet, a lipstick Choose one small item that signals a fresh start	◯

Work, money, relationships

Ideas 36 to 50. Big changes start with one small step.

☐ Done or already true ◯ Add to my makeover plan

10 IDEAS

Work, money and growth

PLAN

Your future self will thank you for these.

- ☐ 36 Plan a job change if your work keeps you miserable
  Write down what you need from your next role ◯
- ☐ 37 Make a list of things you want to learn
  List ten and circle the one you'll start first ◯
- ☐ 38 Start a side hustle
  Brainstorm three skills people already ask you about ◯
- ☐ 39 Show more initiative at work or university
  Offer one idea or help with one task this week ◯
- ☐ 40 Step up as a leader when a situation needs one
  Notice where a group needs a decision, and offer one ◯
- ☐ 41 Make a plan to pay off your debt
  List every debt with balance, rate and minimum payment ◯
- ☐ 42 Start tracking and planning your budget
  Write down every expense for one week ◯
- ☐ 43 Start a new project
  Give it a name, a first step and a date ◯
- ☐ 44 Do things that make you smarter every day
  Read ten pages or listen to one podcast ◯
- ☐ 45 Set a clear work-life balance and stick to it
  Choose a time when work ends each day ◯

5 IDEAS

Relationships

PLAN

The people around you are part of your life too.

- ☐ 46 Step back from relationships that keep hurting you
  Notice who leaves you drained and set one boundary ◯
- ☐ 47 Rebuild forgotten friendships
  Send one message to someone you miss ◯
- ☐ 48 Review your relationships and improve them where you can
  Ask one person what would make things better ◯
- ☐ 49 Prioritize time with the people you love
  Put a date with a loved one in your calendar ◯
- ☐ 50 Bring more humor and fun into time with others
  Share one funny story or plan a game night ◯

YOUR 90 DAYS

My makeover plan

Choose three circled ideas and turn each one into a clear goal with small steps.

Start date _____ Day 90 check-in _____

1 **Idea no.** _____ **My goal** _____

Why it matters to me

Success in 90 days looks like

My first step this week

By day 30

By day 60

By day 90

What might get in the way, and my plan

Support or tools I need

2 **Idea no.** _____ **My goal** _____

Why it matters to me

Success in 90 days looks like

My first step this week

By day 30

By day 60

By day 90

What might get in the way, and my plan

Support or tools I need

3 **Idea no.** _____ **My goal** _____

Why it matters to me

Success in 90 days looks like

My first step this week

By day 30

By day 60

By day 90

What might get in the way, and my plan

Support or tools I need

Keep it small. A first step should take less than 30 minutes. If you keep putting it off, make it even smaller.

EVERY WEEK

90-day tracker

Fill a circle on each day you worked on an idea, even a little.

Idea 1 _____ Idea 2 _____ Idea 3 _____

WK	WEEK OF	IDEA 1 · M TO S	IDEA 2 · M TO S	IDEA 3 · M TO S	WIN OF THE WEEK
1		○○○○○○○	○○○○○○○	○○○○○○○	
2		○○○○○○○	○○○○○○○	○○○○○○○	
3		○○○○○○○	○○○○○○○	○○○○○○○	
4		○○○○○○○	○○○○○○○	○○○○○○○	
5		○○○○○○○	○○○○○○○	○○○○○○○	
6		○○○○○○○	○○○○○○○	○○○○○○○	
7		○○○○○○○	○○○○○○○	○○○○○○○	
8		○○○○○○○	○○○○○○○	○○○○○○○	
9		○○○○○○○	○○○○○○○	○○○○○○○	
10		○○○○○○○	○○○○○○○	○○○○○○○	
11		○○○○○○○	○○○○○○○	○○○○○○○	
12		○○○○○○○	○○○○○○○	○○○○○○○	
13		○○○○○○○	○○○○○○○	○○○○○○○	

WHAT IS WORKING

WHAT I'LL ADJUST

AFTER 90 DAYS

Before and after

Date _____

MY LIFE CHECK, BEFORE AND AFTER

Copy your scores from page 03, then rate each area again today.

Health and energy	Before		After		What changed
Mind and mood	Before		After		What changed
Style and self-care	Before		After		What changed
Relationships	Before		After		What changed
Work or studies	Before		After		What changed
Money	Before		After		What changed
Home and organization	Before		After		What changed
Fun and joy	Before		After		What changed
Personal growth	Before		After		What changed
Rest and balance	Before		After		What changed

WHAT I'M PROUDEST OF

WHAT I LET GO OF

WHAT I LEARNED ABOUT MYSELF

MY NEXT THREE IDEAS

1 _____

2 _____

3 _____