

Living Like a Lady Checklist

Grace, Glamour & Goals

Grace

- ☐ Practice mindful presence—put your phone down and engage fully
- ☐ Speak with kindness and intention
- ☐ Handle challenges calmly and with emotional intelligence
- ☐ Incorporate daily rituals that center and ground you (meditation, journaling, etc.)

Glamour

- ☐ Invest in timeless wardrobe staples that make you feel confident
- ☐ Add luxurious touches to your space (fresh flowers, candles, elegant décor)
- ☐ Create self-care rituals that feel indulgent (bath, skincare, cozy robes)
- ☐ Curate a signature scent or beauty routine that boosts your confidence

Goals

- ☐ Define your personal and professional goals clearly
- ☐ Break big goals into small, actionable daily habits
- ☐ Track your progress and celebrate milestones
- ☐ Surround yourself with supportive, ambitious women
- ☐ Prioritize financial literacy and smart money habits

Bonus

- ☐ Dress with intention every day, even if it's just for you
- ☐ Write down 3 things you're grateful for each morning
- ☐ Say “no” when something doesn't align with your values or goals