

WELCOME TO THE G'LOUD LIFE

Dear Beautiful Soul,

If you're holding this guide, it means you're ready.

Ready to stop shrinking.

Ready to start glowing, growing, and grounding into the powerful woman you were always meant to be.

This guide is a starting place — simple, powerful habits you can weave into your days to begin building the second life you deserve: vibrant, strong, and out loud.

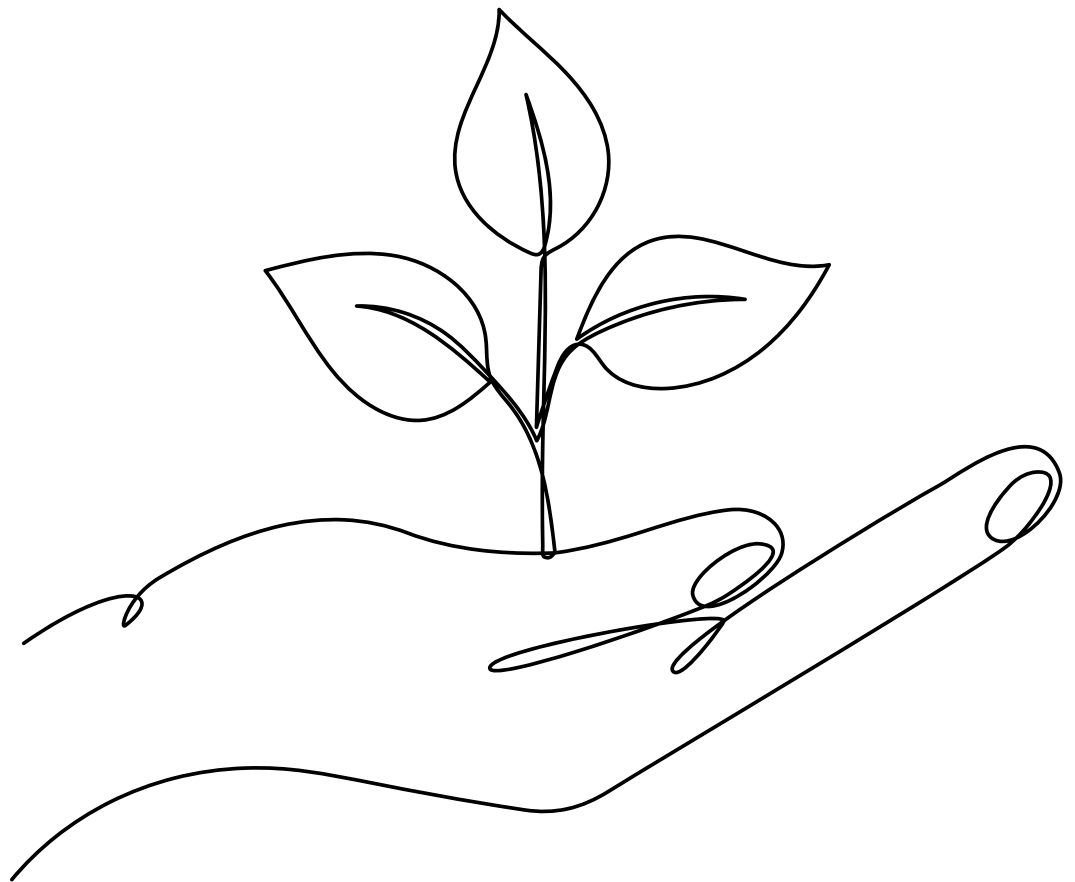
You don't need a total life overhaul to feel better. You need small, daily intentions that ripple outward into big, beautiful change.

Your time isn't running out — it's just beginning.

Let's Glow, Grow, and Ground — together.

Ania Kwolik

Founder, The G'Oud Life



HOW THIS WORKS

How To Use This Guide

Each day, choose ONE Glow habit, ONE Grow habit, and ONE Ground habit.

Small steps. Big ripple effects.

Your second life is built *one intentional moment at a time*.

Let's start.



GLOW HABITS

(Focus: Beauty, Radiance, Expression)

GLOW | Beauty and Radiance Habits

✨ **Day 1:** Morning sunlight for 5 minutes

(Let natural light wake up your skin and hormones before skincare does.)

✨ **Day 2:** Apply vitamin C serum or antioxidant oil after cleansing

(Fight free radicals. Feed your glow.)

✨ **Day 3:** 3-minute lymphatic facial massage

(De-puff, detoxify, and energize your skin naturally.)



GROW HABITS

(Focus: Wellness, Vitality, Wisdom)

GROW | Wellness and Vitality Habits

🌱 **Day 4:** Hydrate with minerals — water + pinch of sea salt
(Electrolytes = energy. Start your day nourished.)

🌱 **Day 5:** 10-minute morning movement
(Stretch, walk, dance — just move to wake up your mitochondria.)

🌱 **Day 6:** Practice box breathing (4-4-4-4 count)
(Calm your nervous system. Boost your resilience.)



GROUND HABITS

(Focus: Strength, Boundaries, Sovereignty)

GROUND | Strength and Sovereignty Habits

Day 7:

Write down 3 things you're grateful for — and 1 boundary you will lovingly protect today.
(Ground your heart in gratitude and your power in self-respect.)



BONUS – HABIT TRACKER

G’Oud Life 7-Day Habit Tracker

Day	Glow Habit	Grow Habit	Ground Habit
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Check off each daily habit you complete. Progress, not perfection.)

