Looking Younger Checklist

By Fae Fisher

- ☐ Health
  - ☐ Eat a healthy, nutritious diet - eat lots of fruits and vegetables.
  - ☐ Drink at least 8 glasses of water a day.
  - ☐ Try to treat yourself to a weekly sauna - this helps the blood in your skin circulate better.
  - ☐ Exercise to improve your shape and muscle tone.
  - ☐ Use a good quality sun screen to protect your skin.
  - ☐ Don't ever start smoking or quit.
  - ☐ Try to get at least 7-8 hours sleep on a daily basis.
  - ☐ Rest often when you feel tired.
- ☐ Body
  - ☐ Wash your face at least twice a day, gently with a soft wash cloth.
  - ☐ Moisturise directly after having showered.
  - ☐ Where possible use natural products.
  - ☐ Get a moisturizing facial once a week.
  - ☐ Keep your hands moisturized at all times.
  - ☐ Makeup should be light and airy.
  - ☐ Eye tones should be neutral and soft.
  - ☐ Do not overdo with your eyebrows outlining.
  - ☐ Get a tooth whitener, or go to the dentist and have it done
  - ☐ Dress young, but not too young.
  - ☐ Always maintain a proper and confident posture.
- ☐ Mind
  - ☐ Learn to have a positive attitude.
  - ☐ Smile a lot.
  - ☐ Sing to yourself, whistle or doing something that makes you feel good.
  - ☐ Learn something new and feel fulfilled.
  - ☐ Listen to new music.
  - ☐ Try new things.
  - ☐ Learn some young terms.
  - ☐ When faced with a challenge, give it a go.

Customize, print, share & USE this list at: checklist.com/looking-younger-checklist

- ☐ Keep up with the trends.