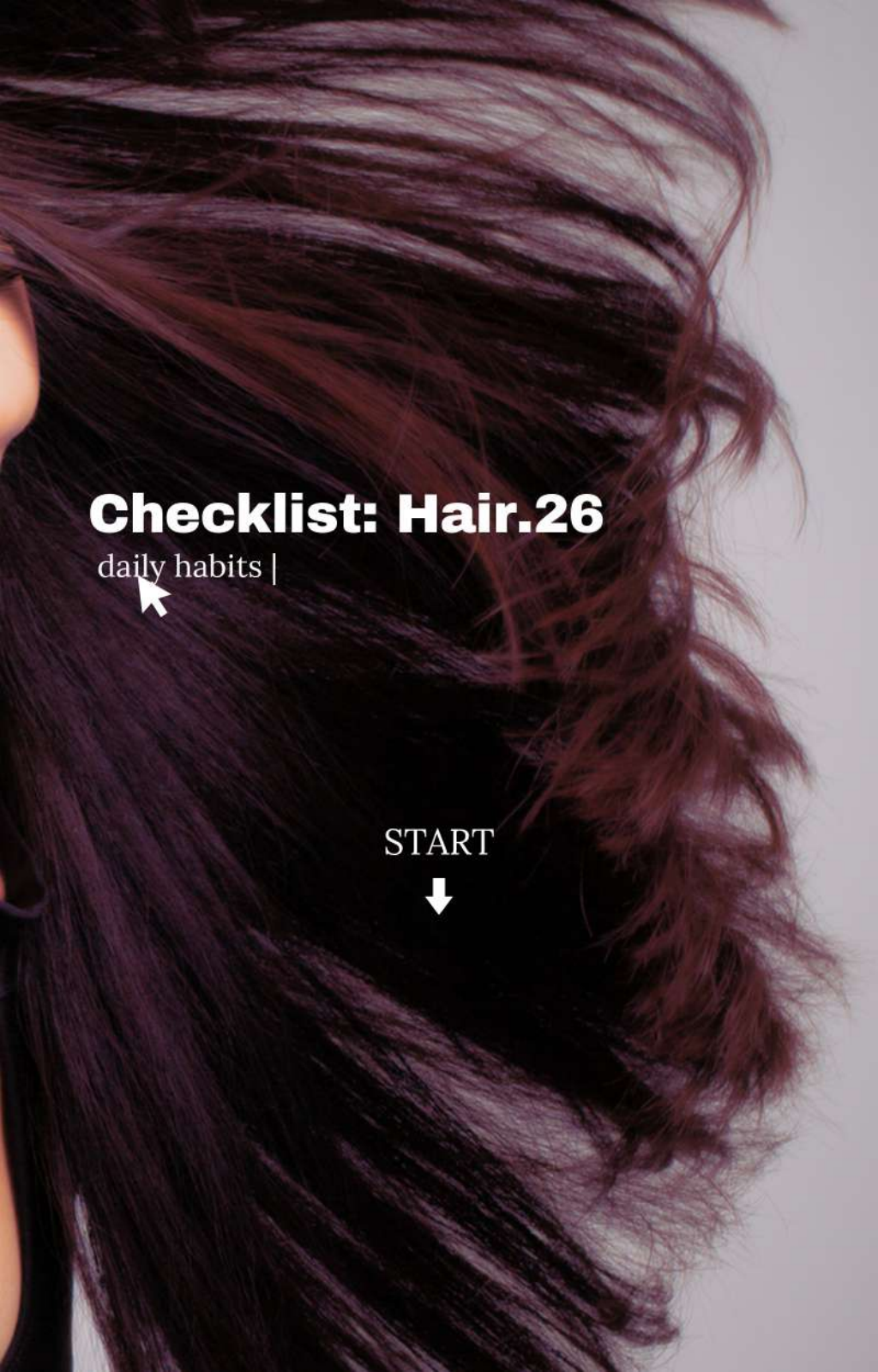


A close-up, high-angle shot of dark, wavy hair. The hair is thick and has a natural-looking texture with some frizz. The lighting is soft, highlighting the sheen of the hair. The background is a plain, light color.

Checklist: Hair.26

daily habits |



START





HOW TO USE

1. Skim Project: Hair.26 to build your perfect routine
2. Begin the daily checklist
3. Go back to Project: Hair.26 if you want to understand hair science or refresh product ideas every few weeks to stay on track!

GIVEAWAY RULES

1. Follow @janeshuuush on Instagram
2. Take "Before" photos when you start the challenge (it's ok to join late!)
3. Check off at least 2 habits per day, every day until Dec 31st 2025
4. On Dec 31st, take "After" photos
5. DM me your Before and After photos to be chosen for the randomized giveaway!!!!

Day 1

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is beautiful and she is enough.

Day 2

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I love myself deeply and wholly.

Day 3

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I accept my hair unconditionally.

Day 4

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I honor my unique beauty.

Day 5

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair deserves kindness and care.

Day 6

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My worth is inherent and limitless.

Day 7 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I choose to nurture myself today.



BONUS: Try a new hairstyle today!

Day 8

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I accept my hair without judgement.

Day 9

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am worthy of love and respect.

Day 10

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I embrace the imperfections of my hair and beauty.

Day 11

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I radiate beauty from within.

Day 12

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

My natural hair was made as it was meant to be.

Day 13

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am confident in my hair today.

Day 14 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I see beauty in every part of me.



BONUS: Try a new hairstyle today!

Day 15

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I glow with health and happiness.

Day 16

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is beautiful to myself and to others.

Day 17

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I celebrate my unique hair genetics.

Day 18

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am beautiful in the most unique ways.

Day 19

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I exude beauty and femininity.

Day 20

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I feel beautiful and powerful.

Day 21 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair grows strong and healthy.



BONUS: Try a new hairstyle today!

Day 22

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am grateful for every strand of hair.

Day 23

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My scalp is healthy and nourished.

Day 24

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I attract growth with love and care.

Day 25

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is thicker every day.

Day 26

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am patient with my hair's journey.

Day 27

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am grateful for every inch of hair.

Day 28

reinvent yourself



Try a new product, new hair color, new hair tool, supplement, etc, treat yourself today!

- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I invite growth and transformation today.

Day 29

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair reflects my self-care.

Day 30

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Shiny hair is mine and ready to thrive.

Day 31

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I cherish every strand of my hair.

Day 32

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair deserves love and respect.

Day 33

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I treat my hair kindly and it shows.

Day 34

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I enjoy caring for my hair.

Day 35 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I nurture my scalp and hair daily.



BONUS: Try a new hairstyle today!

Day 36

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair enhances my unique beauty.

Day 37

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am proud of my natural hair.

Day 38

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I honor the story my hair has to tell.

Day 39

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is a reflection of my self love.

Day 40

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I love the way my hair moves.

Day 41

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I embody beauty, inside and out.

Day 42

self-care day



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Self-love nourishes me and my hair.



BONUS: Try a new hairstyle today!

Day 43

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

I accept and love the hair cultivated by my genetics.

Day 44

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Growing healthy hair is part of my self-care.

Day 45

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

I am at peace with my hair.

Day 46

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I embrace change and growth in myself.

Day 47

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am patient and loving with myself and hair.

Day 48

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My energy supports my hair's vitality.

Day 49 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

I am connected to my inner and outer beauty.



BONUS: Try a new hairstyle today!

Day 50

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Confidence grows with my healthy hair.

Day 51

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I love and care for myself every day.

Day 52

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My self-love shines through my hair.

Day 53

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am proud of my hair's unique beauty.

Day 54

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Every day, my hair grows stronger.

Day 55

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am gentle with myself and my hair.

Day 56

reinvent yourself



Try a new product, new hair color, new hair tool, supplement, etc, treat yourself today!

- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My self-care routine supports hair growth.

Day 57

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I choose to love myself unconditionally.

Day 58

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am grateful for my body, mind and hair.

Day 59

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is a reflection of my consistency.

Day 60

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I treat myself with compassion.

Day 61

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My beauty is timeless and true.

Day 62

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I attract love and positive energy.

Day 63 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I nourish my hair with patience.



BONUS: Try a new hairstyle today!

Day 64

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is soft, healthy, and strong.

Day 65

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I release negativity and embrace self-love.

Day 66

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am worthy of beautiful, healthy hair.

Day 67

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I trust the process of growing hair.

Day 68

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I honor my hair's natural limits.

Day 69

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My self-worth grows with my hair's growth.

Day 70 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am proud to be me.



BONUS: Try a new hairstyle today!

Day 71

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am kind to my scalp and hair.

Day 72

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I feel beautiful in my own skin.

Day 73

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is a gift I cherish.

Day 74

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am constantly growing into my best self.

Day 75

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My self-love nurtures my whole being.

Day 76

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I care for my hair with joy and gratitude.

Day 77

self-care day



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

I am proud to come this far in my journey and keep moving.



BONUS: Try a new hairstyle today!

Day 78

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair is healthy, vibrant, and full of life.

Day 79

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am patient as my hair flourishes.

Day 80

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:

I am enough, and so is my hair.

Day 81

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I love my hair exactly as it is.

Day 82

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I celebrate my beautiful, growing hair.

Day 83

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My body and hair attract health and vibrance.

Day 84

reinvent yourself



Try a new product, new hair color, new hair tool, supplement, etc, treat yourself today!

- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am calm, confident, and beautiful.

Day 85

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I cherish my hair journey and what it taught me.

Day 86

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
Every day my hair reflects love and care.

Day 87

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am radiant and resilient.

Day 88

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair grows longer and stronger.

Day 89

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am grateful for my self-care rituals.

Day 90

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I am beautifully and wholly me.

Day 91 **self-care day**



- ☐ Hair wash + hair mask
- ☐ 15min scalp massage (deep & luxurious)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
I attract longer and healthier hair.



**BONUS: Buy yourself a new hair product
for New Year's!**



Day 92

- ☐ Hair wash (if it's wash day)
- ☐ Scalp massage (hair serum optional)
- ☐ 1-2 drops of oil (mids and ends ONLY)
- ☐ Protective style
- ☐ Protein goals
- ☐ Hydration goals
- ☐ Supplements (if taking)

Affirmation during scalp massage:
My hair has never been more beautiful than today.