

CHOOSE HOT

THE TINY RESET CHECKLIST

For when your looks are trying to run the whole damn day.

Pick one:

- ☐ Put on one thing that makes you feel more like yourself.
 - ☐ Change the lighting before you decide you hate your face.
 - ☐ Take one photo and do not zoom in.
 - ☐ Say one neutral thing to your body instead of a cruel thing.
 - ☐ Wear the outfit that lets you breathe.
 - ☐ Add one piece of adornment: earrings, lipstick, perfume, rings, necklace, whatever.
 - ☐ Stop asking the mirror for permission.
 - ☐ Let yourself be in the photo.
 - ☐ Unclench your jaw.
 - ☐ Put your shoulders down.
 - ☐ Drink water.
 - ☐ Go anyway.
 - ☐ Let the moment be about you for once.
 - ☐ Choose hot before you feel ready.
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You do not have to do all of these. Pick one. That's the practice.

hotgirl

TINY RESET CHECKLIST
AMBER LANE