



Modern Lifestyle

core



Clean, calm, intentional. This aesthetic is for the modern woman who craves structure and elegance in her wellness. You're about that glow-up life - but make it sustainable. Think matcha lattes, linen robes, and soft neutral palettes.

Includes: Clean Girl, That Girl, Old Money, Minimalistcore, Coastal Grandma

Journal Prompts

What habits support the woman I want to become?

Where can I create more space and calm?

What does luxury mean to me in this season?

What boundary would protect my peace this week?

How can I show up with intention today?

Self care ideas to try!

- Morning or evening routine check-ins
- Skin care as meditation
- Habit and hydration tracking
- Digital detox journaling
- Gentle movement and clean eating

Creative Touches to Try

- Minimal layout with gold accents
- Habit tracker or morning routine map
- Vision board with soft beige tones
- Use sleek, clean fonts and checklists for clarity

