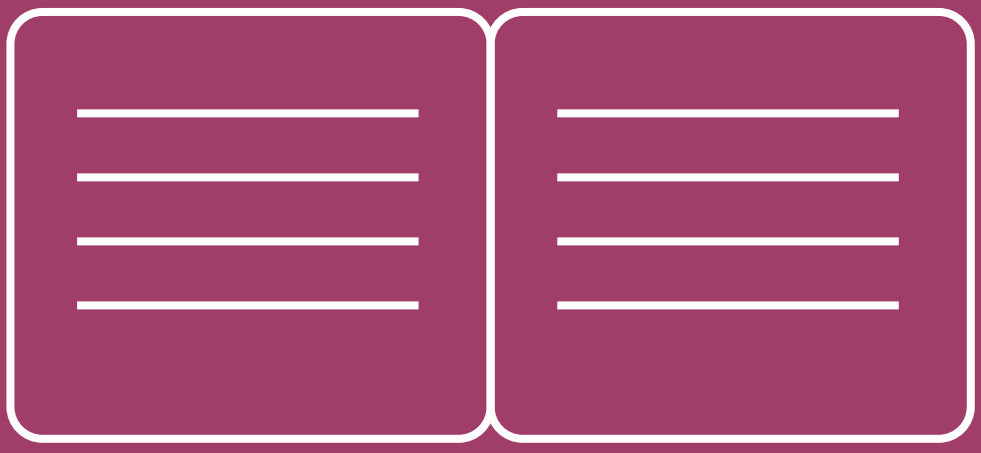
BOOKCHOWK / PRACTICAL MINI BOOKS

The Makeup Bag Reset

A no-shopping audit of what you own and use



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Published by Sanjay Matta | English | Digital PDF

10 focused pages + editable companion | 22 October 2026

One useful result

A no-shopping audit of what you own and use. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Empty one small container

2. Read your own labels

3. Match the bag to your real routine

4. Buy only for a named gap

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

Personal organisation only. Follow manufacturer instructions. Seek qualified advice for persistent irritation or other skin concerns; this is not medical treatment advice.

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Empty one small container

Start with a bag or drawer rather than the whole bathroom. Lay products on a washable surface and group them by use. Set aside items you cannot identify. This is an inventory exercise, not a reason to buy a matching collection. Keep products away from children and follow the label’s storage instructions.

Worked example

A bag contains four lip colours, two unopened duplicates and an unlabelled sample. The first useful discovery is duplication, not a missing trending product.

Try it now

List each item, its purpose, whether it is opened and where its label information can be found.

NOTICE → CHOOSE → TRY → REVIEW