

No Sugar

15-DAY CHALLENGE



no chocolate,
no cookies,
no soft drinks

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1	I was strong today.	2	What do I say to chocolate? Not today.	3	I can always eat it tomorrow.	4	Nope.	5	This isn't that difficult. Right? .. Right?
6	Right.	7	It's been a week. I've got this.	8	I am stronger today than yesterday.	9	Every day counts.	10	They said I can't do it. Watch me.
11	This is nothing. Another day down.	12	I wasn't about to give up this close to finish. Done.	13	This isn't even my final form. Done!	14	One more day. I can do this.	15	I did it. Woohoo!