

June 2018 Challenge

@BlackWomenLosingWeight

15 Day Focus and Transform *Journal Challenge*

Day 1 - Create S.M.A.R.T. goals.

Day 2 - Give yourself some credit.

Day 3 - Make a list of practical actions and commit.

Day 4 - Make a list of the unhealthy foods you need to give up.

Day 5 - Make a "Makes Me Happy" List.

Day 6 - Make a list of the healthy foods you're not eating.

Day 7 - Explore why your is health important.

Day 8 - Create a list of 10 healthy recipes that you want to try.

Day 9 - Clean out your closet and list your favorite outfits.

Day 10 - Make a list of all the people who support you.

Day 11 - Make a list of your excuses.

Day 12 - Write a congratulations letter to yourself in advance.

Day 13 - Examine whether social media is hindering you.

Day 14 - Examine what is causing stress or pain in your life.

Day 15 - List what you love about yourself.

Full Details at BlackWeightLossSuccess.com