

JULY 2019 CHALLENGE

@BlackWomenLosingWeight

Healthy Mindset Tune Up Challenge

- Day 1 - You have goals, but are they S.M.A.R.T?**
- Day 2 - It's time to give yourself some credit.**
- Day 3 - Make a list of practical actions and commit to them.**
- Day 4 - Make a list of the unhealthy foods you need to give up.**
- Day 5 - Make a "Makes Me Happy" list.**
- Day 6 - What is stopping you for eating healthy food?**
- Day 7 - What outfits make you feel beautiful and why?**
- Day 8 - Create a list of 10 healthy recipes that you will eat
in the next 30 days.**
- Day 9 - Explore why your health is so important.**
- Day 10 - Make a list of all the people who support you.**
- Day 11 - Make a list of all your excuses.**
- Day 12 - Write a congratulations letter to yourself, in advance.**
- Day 13 - Is social media helping you or hindering you?**
- Day 14 - What is stressing you out or causing you pain?**
- Day 15 - What do you love about yourself?**

Full Details at BlackWeightLossSuccess.com