

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!