

## CHALLENGE

### DAY 45: Pants

Do you have any old jeans or pants sitting in your closet that you've been hoping to "someday" get back into? Pull them out. Let them motivate you. Hang them where you can see them and think about how good it will feel to be able to wear them again. If you don't have any old ones lying around get a new pair that you want to be able to wear. Set a goal for the day you want back in those pants, then get there.