

CHALLENGE

DAY 5: Swimsuit Edition

Wear your swimsuit around the house for one full hour today. If you don't have a swimsuit, improvise. The last five minutes of this challenge look at yourself in the mirror. Spend five FULL minutes looking. Don't hide from your body. Look closely. What do you feel? Happy? Sad? Angry? Frustrated? Depressed? Embarrassed? Ashamed?

Whatever emotion you feel (except despair, because that is a pointless emotion since there is always hope), let the emotion out. Expose it. Admit to yourself, out loud, that this is how you feel about your body and your health. Then take that emotion and channel it into determination.

For the next 90 days let that emotion drive you through this challenge. If looking in the mirror sparks a negative emotion inside, you do not want to feel that anymore. You're done with that. If you are embarrassed, now you are determined *not* to be embarrassed. If you are frustrated, now you are determined to un-do the frustration. If you are angry, now you are determined to let go of that anger as you do something every day to change. But the only way you can change that emotion is through actions. You can't trick yourself into being happy with where you are if you aren't. You must *act*.

Do this challenge, all the way. There is power in actually doing it. I don't care if you feel dumb, it will be worth it in this process. It is necessary to do it. Don't think about doing, do it. Don't think you know what you'll think or feel. Do it. Then write down everything you feel when the hour is up.