

CHALLENGE

DAY 60: Weight, Who Cares!

Tell 5 people how much you weigh. Heck, make it your Face Book status or write it on your blog.

So many of us are held hostage by this dumb number. It's just a number. If you say a high number or a low number you don't change. I can still see you at exactly the size you are. You can't hide that from me or anybody else.

Why do we make such a big deal about the number? Mentally this is a big issue and if you feel like you can hide your weight by concealing the number you are less likely to make real changes because you're so concerned with hiding.

Do not let this number control you. Tell 5 people and if it's a number you don't want to tell people, then all the more reason to keep working. Tell them anyway. Change that number by taking control of how you eat and how you exercise. Don't let that number control you...you control it.