

Project Charlene came to an end on 5/3/14. Since then it has been a series of hits and misses. I could go weeks where I would eat perfectly and then there would be a week of not so good eating (and drinking).

I found myself slowly going backwards in my fitness. Copping injuries and illnesses which could have easily been dealt with just by eating cleanly. But no...every time I had a setback which resulted in not being able to exercise, I would chuck a tanty and start emotional eating which started an endless circle of self-loathing.

I began comparing my results with others and started being way too hard on myself. I was having erratic results in my pts. Some would be awesome, others I would walk away swearing at myself because I knew I had given up too damn easily.

I became distant with Brad at times too because I knew he would be able to pick up on any issues I was having.

In the last 24 hours a post about inspiring others put up by Brad on Facebook shook me up. I am a guru in his 8 week challenge. I help other challengers and inspire. But inspiring them doesn't mean having to be perfect...it means being human.

So today I reached out for help and Becky took my hand. With her help and the help of those around me, I will come back from this. I am human. I do make mistakes. But I will inspire someone with the fight that I am going to put up to get my fire back.

I will rise from my past and become strong in my future.

CHARLENES GOAL SETTING SHEET FROM THE 8 WEEK CHALLENGE NIGHT

My goal for the 8 week challenge is: To lose another 20cm off my body and to look good for my after photos

Things that may stop me from achieving this are: Lack of Preparation and planning.

I am going to overcome this by: Planning and preparing everything in advance