

Kick The Sugar Challenge



HOMEWORK ASSIGNMENTS

Cool

Awesome

Life-Changing stuff to
support your success on
the **28-Day Kick The
Sugar Challenge!**

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Kick The Sugar Challenge:

HOMework ASSIGNMENTS

INTRODUCTION

As we go through the Challenge, you'll notice that much of the work of kicking our sugar habit is the mental stuff; the stuff that motivates us and inspires us and makes us dig a little deeper into why we do the things we do.

Before we started, you received several emails leading up to the Challenge asking you to perform certain tasks and complete various assignments.

Be sure to complete all of those items before moving to these Assignments.

For example, you purged your environment; started drinking lemon water; started eating breakfast (if this wasn't a habit); weaned off coffee/tea (or got down to one cup a day); started body brushing, moisturizing with coconut oil and using your Food Journal among other things (go through each of the emails that were sent. They are all found on the website).

You also performed a powerful exercise getting to the answer about WHY you are doing this; why you need to make a change. And then you burned the negative comments about yourself and re-wrote positive ones that you have hanging around your home, in your bag, at your desk etc.

Please trust the process.

You need to keep building on these steps in order to form new neural pathways in your brain; in order to create positive change by naturally moving towards behaviours that are aligned with your goal of abstaining from sugar for at least 28 days.

This Challenge is about **so much more** than just avoiding sugar for a while.

It is about self-love; loving ourselves enough to want the best for ourselves, our bodies, our health, and to be able to be present, mentally and physically, in our lives and in the lives of those we love.

In this document, I will post all of the assignments that I also post to our Facebook Group.

Please do each of the assignments in the order given. There is a process, and I want you to follow it in order to succeed.

More than just recipes and shopping, we need to work on our behaviours, our habits, and the stories we tell ourselves.

So let's get to WORK!!!!

xo Sarah

Homework Assignment #1: Write Your Sugar Story

To Be Completed In Prep Week.

Check When Completed

Description:

Go to a quiet space and get comfortable. Have a cup of tea, play some relaxing music, take a bath...whatever works to allow your thoughts to flow freely.

In your own words, write down your sugar history. Think back to when you were a child and try to remember your first introduction to sugar; messages you received about it; how you felt about it; when you ate it; when you thought you had a problem with it; trying to control it.

Write your story starting where it began and ending where you are today.

Write down everything; no need for edits...just let it flow and then read it over when you are done. And then, answer the following questions:

1. How does your story make you feel?
2. Did anything you wrote surprise you?
3. Can you see clear links between emotions/experiences and your relationship with sugar?
4. When did your relationship with sugar change/develop/intensify?
5. Do you believe you can change your relationship with sugar?
6. Do you believe you need to quit sugar completely, the way an addict has to quit a drug?
7. Do you believe you can quit sugar if you answered yes, above?

Now take a deep breath and go and reward yourself with a non-food reward. We are learning to soothe our emotions without reaching for sugar.

You choose. Decide what your body needs right now. Does it need to sleep? To meditate? To take a bath? To go to the gym? To get out in nature? To cook a meal? To connect with a friend or loved one? To keep writing?

Do something to reward yourself for completing this exercise. It is not easy being so vulnerable and speaking the truth.

But you have done it. And you are awesome. Xo

Homework Assignment #2: To Be Completed In Prep Week.

Watch The Secrets Of Sugar

Check When Completed

Description:

1. Watch [this documentary](#) called The Secrets of Sugar and begin to see how Big Sugar works and how insidious this drug is.
2. Discuss it with your friends and family and share the link.
3. Discuss it on the Facebook group.

Because “When we know better, we do better.” ~ Dr. Maya Angelou

Homework Assignment #3: To Be Completed In Prep Week.

Contact your doctor and schedule a colonoscopy. Check When Completed

Description:

Today's Homework:

If you are 40 or older and haven't had one, book a colonoscopy. They take several months to get in, so even if you're 39, make the call.

Colon cancer is the slowest growing form of cancer. Polyps that are found early will simply be removed during the procedure.

Polyps left undetected WILL become cancerous.

I have lost people to colon cancer. They regretted not going for the routine procedure (it really isn't bad...the fasting for a day and "cleaning out" process is the worst of it, and for that you stay comfortably at home).

I urge you to do this homework.

Show your body how much you love it.

Because if you don't take care of the most precious gift you will ever receive, where else are you going to live?

xo Sarah

P.S. Do you get to skip this homework? Have you had a colonoscopy?

Share your experience in the Facebook group so others can benefit from your wisdom. xo

Homework Assignment #4: To Be Completed By Week 1.

Watch My Costco Trip Video & Go Shopping!

Check When Completed



Description:

Come along with me on a shopping trip to Costco! Let's fill our carts with loads of staples we'll need as we embark on our 28 day journey together.

So, let's grab a bite before we head out the door, because with all of the temptation at Costco, we can NEVER go there on an empty stomach! 😊

xo Sarah

<https://www.youtube.com/watch?v=096JM5f5VQ8>

P.S. What are YOUR favourite finds at Costco? Discuss in the group!

Homework Assignment #5: To Be Completed By Week 4.

Read *This Naked Mind: Find Freedom, Discover Happiness & Change Your Life*
by Annie Grace

Check When Completed

Description:

Best-selling author Annie Grace, who wrote *This Naked Mind*, is doing the Challenge with us!

As an incredible gesture, she has offered the Kindle version of her book for FREE to all Challengers! (WOW! Thank you so much, Annie!!)

It is found in the **Files** section of the Facebook group.

This book changed my life. Although I was already in recovery for alcoholism, Annie's book has freed me even further.

I look at alcohol completely differently now, and it truly is my choice that I choose sobriety in my life...because it is better for me. Because it works for me. I no longer feel deprived or crave alcohol, and I urge you to read it if the thought of 28 days without drinking scares you even a bit.

ALL Challengers need to read it, because there are **so many parallels** between alcohol addiction and sugar addiction.

All addiction, at its core, is the same. It all aims to fill a hole inside of ourselves.

1. Read the book.
2. And then talk about your aha moments with your friends and family.
3. Discuss your findings in the group!

You're worth it!

xo Sarah

Homework Assignment #6: To Be Completed When You Can! **A Fun (and tasty) Outing!**

Check When Completed

Description:

Watch this video and then head out and have some fun shopping for a tasty treat that will help with cravings during the Challenge!

xo Sarah

<https://www.youtube.com/watch?v=gTQ32nrubyY>

P.S. Let us know in the Facebook group what you ended up getting!

Homework Assignment #7: To Be Completed In Prep Week. Get Outside and Move (in gratitude). 😊

Check When Completed

Description:

This homework was given on the last prep day before we started the Challenge. If you started after the official launch, do it as soon as you can, after completing previous assignments (preferably by Week 2).

It is imperative to our success on this Challenge that we move our bodies, and getting outdoors and feeling gratitude amplifies the effect! It is broken into two parts:

Part 1:

You **MUST** move your body today. And you **MUST** do that Outdoors. Do anything you like; take a walk, a hike, a run; ride your bike, go cross country skiing, skating, whatever you can do depending on the weather where you are, but you must get outside and get some fresh air.

Part 2:

You must get a piece of paper or buy a journal and create your Gratitude journal. All I ask is that you write down 5 things you are grateful for **each day**. Please write more if you are grateful for more, but for some people, this will be a new practice, and I only ask for 5. It can be anything.

But be grateful. **PLEASE DO NOT IGNORE THIS HOMEWORK**. Your level of success on this Challenge is highly dependent on it.

Trust me.

What we focus on expands. So, when we focus on the goodness we have, we get more goodness. This is how the law of attraction works. It is just the way it is.

Now get out have some fun and be grateful!
xo Sarah

Homework Assignment #8: To Be Completed In Week One.

Watch The Film: The Truth About Sugar



Check When Completed

Description:

This is such an eye-opening film, and I love that these people are ALSO doing a Challenge! Watch and see how they do as they kick their sugar habit to the curb.

Discuss your thoughts about this film with the rest of the Challengers.

xo Sarah

https://www.youtube.com/watch?v=ONXNKacNU_4

Homework Assignment #9: To Be Completed Every Thursday on the Challenge as well as on Day 28.

Take Your Photos! 😊 Check When Completed



Description:

This is such an eye-opening exercise.

I would like for you to take a picture of yourself in an outfit that isn't baggy (or preferably in your underwear or a bathing suit).

Feel free to take them yourself, in front of a mirror using your cell phone or have a friend or partner take them for you.

Every Thursday on the Challenge will be Picture Day!

You do not need to share these with the group, or anyone. These photos are for you.

Seeing how we progress from week to week through photographs tells a powerful story.

Please don't skip this homework.

On Day 28, take a final photo.

You are awesome!

xo Sarah

Homework Assignment #10: To Be Completed In Week Two.

Watch The Film: Big Sugar Check When Completed

Description:

Going out to see movies can be tough as there is a lot of temptation at the concession counter.

So, here is another documentary that I think you will find fascinating. It is called BIG SUGAR, and it shares the history of sugar and even how it impacted the formation of Canada.

So, bake up some yummy kale chips and Tasty Nut Mix or some guacamole and veggie sticks and prepare to enjoy Friday night at the movies from the comfort of your own living room!

Please share your thoughts on this film in the Facebook group as well. I know the history buffs will find this one extremely interesting, and even if you live South of the Border, it is a compelling film.

Sending so much love and respect to each and every one of you as you.

WE'VE GOT THIS!!!!!!

xo Sarah

<https://www.youtube.com/watch?v=8hcAgyOFX1M>

Homework Assignment #11: To Be Completed In Week Two.
Watch The Interview with Kathy Smart & Purge Your Closet! Check When Completed

Description:

I hope you had a chance to watch the interview with Kathy Smart on sugar and women's health throughout the stages in our lives. I sure did!

Here it is in case you missed it.

<http://sarahtalksfood.com/this-ones-for-the-girls-interview-with-kathy-smart/>

Here is the SECOND HALF of your HOMEWORK ASSIGNMENT.

READY? It's a BIGGIE!!!

Step 1. You must open your closet and take a look around.

Step 2. All you have to do is look at each piece of clothing and ask yourself ONE question:

"Do I LOVE the way I look in this?"

If the answer is anything but an enthusiastic "YES!!!", it goes. No questions asked.

Step 3. Donate all unwanted items immediately, like the same day or the next day.

Step 4. Breathe.....as we purge our external environments, we create space for goodness to come into our lives. We literally make room for it!!

NOTE!!! It is OK to keep things that are a little too small that you are hoping to fit into again because you LOVE them, but if they are too big or too small or just the right size but you don't LOVE them, they GO.

DO NOT THINK TOO MUCH with this one. It should take a nano-second for you to know the answer.

Let's be honest, we only wear a fraction of our wardrobes anyway.

Let's do something FREEING for ourselves and wonderful for another person who will LOVE what they get from you.

Remember, there is no "well, I might wear it again" or "it is good for (enter reason), so I can't throw it away" or "it cost \$\$\$\$!!!" or any other excuse for not giving it away.

This is your HOMEWORK ASSIGNMENT and it is a biggie.

Please post how you do. We all want to hear how each other are doing as we progress through this Challenge!

Good luck! I know change is hard, but it is what we NEED.

xo Sarah

Homework Assignment #12: To Be Completed In Week Two.

Buy yourself ONE thing you LOVE.

Check When Completed

Description:

I hope you had a chance to purge your closet. Once you have done so, over the next few days, I want you to go and buy one new item of clothing that you LOVE.

It can be anything! But you HAVE to feel fantastic wearing it. Perhaps it's a new scarf; a new hat; a new pair of underwear; a new top. You don't need to spend a lot of money.

In fact, if you are dropping your clothes off to Value Village or a consignment shop etc, perhaps you will find something there. But you have to LOVE it!

If you feel comfortable, I would like you to post a picture of your new find OR a picture of you wearing it (maybe not the underwear!) and share it with the group.

How does that sound?

Happy Shopping!

xo Sarah

Homework Assignment #13: To Be Completed In Week Two.

Show Yourself Some Love Check When Completed

Description:

If you started on the 16th, by now you are settling in to a new routine. We are loving our bodies and treating them with so much dignity and respect.

For many of us, we are paying attention to them for the first time in years. Can you imagine how they must feel?

Imagine!!!

Imagine you neglected a friend or family member for years...or decades.

Imagine if every time you thought about them you felt hatred, anger, disgust, embarrassment.

How would that relationship look?

Would it be vibrant and healthy and happy and successful and rewarding?

Or would it be toxic and negative and difficult... and a source of deep shame?

Keep going.

Keep exploring your relationship with yourself. Keep living in a place of gratitude (please use your journals!), please keep regarding your body as the amazing, incredible being that it is...the only thing you truly have in this world.

The relationship you have with yourself and your body is the most powerful relationship you will build in your lifetime. Keep building. Keep loving. Keep removing the layers of shame and hatred and disgust and anger and continue to layer on new habits; new thoughts, new feelings.

TODAY'S HOMEWORK is ONE question and TWO Exercises. Ready?

1. What do you love MOST about your amazing body?

Allow the pen to move freely on the page if many thoughts come up. Share with the group if you feel comfortable.

If this exercise is hard, that's ok. But it is a key piece in the process, so please don't ignore it.

2. And then, go to the mirror and look yourself in the eyes. And say "I love you". Repeat it as many times as you need to until it softens...until it doesn't feel so awkward.

3. Touch your body in a loving way. For example, body brush; rub some kind of moisturizer on it and connect with your skin, your curves, your muscles. Give yourself a massage or take a bath with a luxurious soap and wash your body. However you want to connect with your body is up to you, but it has to be loving and it has to feel kind.

Because no relationship survives, let alone thrives, without love and kindness. We must nourish the one relationship that matters the most, and in doing so, we are able to enjoy many more rewarding relationships across the course of our lifetimes.

It all starts with YOU. Keep going.

I love you. xo Sarah

Homework Assignment #14: 1. Read “The Body Book” by Cameron Diaz (women) or “YOU: The Owner’s Manual” by Dr.Oz & Dr. Roizen (Men).

To Be Completed by the end of the Challenge.

Check When Completed

Description:

I couldn't wait for the day The Body Book came out! I watched every interview on Cameron's press circuit awaiting its release, and I went and bought it the first day I could. I devoured it. I could hear my own words in hers and I felt such a connection to her.

I loved the book so much that when she asked the question to her followers “what do you love about your amazing body”, I answered. And she chose my response as the winner to receive a lovely gift...one for myself and one for someone who I cared about. I chose Roger, as he has gone through his own amazing journey, and so since I already had a copy of her book, I decided to “pay it forward” on my blog.

I announced it during a TV spot I did when I shared my story, and today, I want to inspire you to go and get the book, either at your local library, online, or at Costco, where the softcover sells for just \$12.

Treat yourself today and spend the rest of the Challenge enjoying this beautiful book.

Guys, I realize this won't be a book you will enjoy as much as the ladies, so I recommend Dr. Oz & Dr. Roizen's book “YOU: The Owner's Manual”. I think you will really enjoy it.

Happy reading!

Sending hugs and high fives all around.

You are awesome.

xo Sarah

Homework Assignment #15: To Be Completed By Week Three
Watch the film **Food Inc.** Check When Completed

Description:

Although I got sober in 2002 and immediately started eating better and exercising, it wasn't until this film came out that I began to develop a real understanding about how the food industry works.

It was eye-opening to say the least, and I hope you feel the same way after you watch it.

<https://www.youtube.com/watch?v=uMVdrEo5130>

Please discuss in the group how you felt about this film.

xo Sarah

Homework Assignment #16: To Be Completed In Week Two. Feel Your Beating Heart Check When Completed

Description:

You are all blowing me away with your determination and your choice to go against so much marketing, temptation, peer pressure (even by well-meaning loved ones) and the status quo.

We are doing something so incredibly GOOD for our bodies, our brains, and the future of our health.

People are sending me the most amazing messages; stories of hope and strength and awakening. People are sharing their a-ha moments and I know I keep saying it but I am so deeply humbled by all of it; honoured that you would have faith in me and that you trust me to guide you on this journey.

Your trust in the process that I have built is exhilarating, and the way you keep charging ahead, crushing every assignment, every to-do, every difficult piece of this Challenge is awe-inspiring.

It is incredible, and YOU are incredible.

For today's Homework, all I want you to do is place your hand over your heart. Right now.

I want you to close your eyes and feel your heart beating below the surface of your skin. Feel it and try to picture it beating..thump thump in your chest.

That is your LIFE.

Without that beating heart, you are no longer with us in this realm.

No matter what you believe happens afterwards, what we can all agree on is that without that beating heart, you are no longer able to be here; with us; like this.

So close your eyes, feel that beautiful beating in your chest, connect to the sound and the feeling of it. And tell your heart how much you love it. Say the words out loud. Tell it you are doing everything you can to care for it. Today. Right now.

I love you and your hearts so much.

xo Sarah

Homework Assignment #17: Mid-Challenge Check-In

To Be Completed on Day 15-16 of the Challenge. Check When Completed

Description:

You've made it! You are over halfway through the Kick The Sugar Challenge!

I really hope you feel a tremendous amount of pride in your accomplishments.

I'm certainly proud of you. You have done something life-changing, and some of you may not fully **feel** the magnitude of it yet, and that's ok, but please know how big this is. It's HUGE.

This is a chance to Check In and see where we are sailing through the Challenge and where we can make some changes or improvements. So, grab a few pieces of paper to answer each question, and have your journals handy to help you answer the questions as honestly as possible.

NOTE: On the Scale, 1 is low and 10 is high.

1. Use the scale and then **describe** how you feel you are doing on the Challenge.

Scale 1 2 3 4 5 6 7 8 9 10

2. Use the scale and then **describe** how you feel you are managing your cravings.

Scale 1 2 3 4 5 6 7 8 9 10

3. Use the scale and then **describe** how you feel you are preparing your meals and planning ahead.

Scale 1 2 3 4 5 6 7 8 9 10

4. Use the scale and then **describe how** you feel you are hydrating your body.

Scale 1 2 3 4 5 6 7 8 9 10

5. Use the scale and then **describe how** you feel you are managing the assignments.

Scale 1 2 3 4 5 6 7 8 9 10

6. If you haven't completed an Assignment, describe why not and note whether you feel you will complete it and **by when**.

7. Use the scale and then, in your own words, **describe how** you feel you are exercising your body.

Scale 1 2 3 4 5 6 7 8 9 10

8. Use the scale and then, in your own words, **describe how** you feel you are doing with your Gratitude Journal.

Scale 1 2 3 4 5 6 7 8 9 10

9. Write down any areas you want to improve upon THIS WEEK. Either share them in the Facebook group or send me a private message or email. Please don't feel you have to figure all of this out on your own.

10. Write down any a-ha moments you have had so far on the Challenge.

The people who will be most successful on this Challenge are the ones who are doing the work. In any area of life, we get out what we put in, and so I truly hope you complete this Assignment and glean some powerful insight that will help you finish out these next two weeks stronger than you thought possible.

Trust the process. It all works together.

Allow any other thoughts or feelings you have be released onto the page. This is for you. You do not need to share.

Congratulations on completing this Assignment and on we go!!
xo Sarah

Homework Assignment #18: Improving Our Oral Health



To Be Completed in week 3. Check When Completed

Description:

We can't ignore our oral health. It is as an integral part of our overall health.

If these are not already habits for you, please begin today.

BRUSHING

1. Brush your teeth twice a day, preferably three times, after meals. Do not brush more than 3 times a day, as we can wear down the enamel.
2. Use a soft-bristled brush to ensure you aren't harming your gums. I use a Sonicare, but this is a personal preference. Costco (of course) sells them for a great price. Don't go too hard with your brushing and if you use an electric brush, allow it to do the work. You don't have to press hard.
3. Spend 2 minutes brushing and divide your mouth into 4 quadrants, spending 30 seconds on each section. To make the time pass, I do one-legged squats for 30 seconds, switch legs when I switch sections, then I do abdominals for the remaining minute. It's amazing what a little extra movement will bring to your day!
P.S. The Sonicare beeps every 30 seconds and turns off after 2 minutes.

FLOSSING

1. After brushing, floss. You can choose to do this only once a day, but **DO NOT SKIP THIS STEP.**
2. Did you know that the same plaque that lives between our teeth clogs our arteries? Yup! So, flossing can help protect us from heart disease while it freshens our breath! We have all been talking to someone and thought "Man, they really need to floss their teeth!" If we don't floss our own teeth, we likely have bad breath and others will smell that awful smell on us. Let's not have that. 😊

TONGUE SCRAPING

1. If you don't already do this, I am going to change your life for under \$4!! Seriously, just brushing our tongue doesn't come close to removing the gunk living there the way a tongue scraper does. Think about serving pasta sauce from the pot using a fork. Now imagine using a spatula...yeah, that's what a tongue scraper does. Please trust me on this one! Every drug store carries them. Choose the style that speaks to you.

PREVENTIVE MAINTENANCE

1. Sip with a straw. Protecting our tooth enamel is important because we can't get it back once it's gone. While wine, dairy, caffeine and many other beverages are acidic and it would be great if you would avoid them or sip them with a straw, please at least use a straw with your lemon water or apple cider vinegar water in the morning. ☺
2. Visit a dentist or hygienist at least once a year for a check-up. They can see things we can't and may help us avoid costly (both financially and health-wise) issues down the road.

WHITENING (OPTIONAL)

1. Brushing your teeth with coconut oil for a few minutes before regular brushing has been shown to help whiten teeth.
2. You can also try "oil pulling" which is taking a tablespoon of coconut oil first thing in the morning and gently swishing it in your mouth for up to 20 minutes, then spitting it in the trash (not down the sink as it can clog drains). It is said to help remove toxins from the mouth, improve oral health, and whiten teeth. This method takes some getting used to but a lot of people swear by it!
3. You can also naturally whiten your teeth using baking soda. Simply dip your toothbrush in baking soda (you can also combine the soda and the coconut oil) and brush teeth for 2 minutes. Follow with your regular toothpaste.

If these are not already habits for you, I really hope you do this Homework.

Prioritizing our oral health is so important, and while eating well and exercising plays a huge role, we can improve upon what we are doing by incorporating these steps into our routines.

Keep smiling! ☺
xo Sarah

Homework Assignment #19:

Write Yourself A Letter ONE Month Into The Future

To Be Completed in week 4. Check When Completed.



Description:

I love this assignment. I had thought about having you do this, as I had done years ago, but it sat on the backburner until a Challenger re-inspired me to make it Homework. 😊

So here it is: Sit quietly with a pen and paper and write yourself a letter one month into the future. Write the date one month from today at the top of the letter.

Write it in the present tense and write it exactly as you want to envision your life in one month's time.

How are you feeling? What are you doing? What is going on in your life? Where do you live? Where do you work? Who are the key players in your life? How is your health? How do you feel in your body? What does your body look like?

Get as clear as you can about who you are in one month's time.

And then seal your letter in an envelope, write your address on the front and either:

- a) Give it to a loved one who will place it in the mail in about 3 weeks' time or;
- b) Write in BIG, BOLD LETTERS "Not to be opened until _____" (and use the date one month from today) and place it in a spot where you will remember to find it.

This will change your life. Please do this homework. It was extremely powerful in my own life and I know it will be in yours. When we write things down, we send strong signals to the Universe about what we want. That way, it can help us to get it!

Sending you the biggest hugs and high fives as we embark on the home stretch of our 28 days together.
xo Sarah

Homework Assignment #20: Write Yourself Your Pain Letter.

To Be Completed on the final weekend. Check When Completed.

Description:

You are on your FINAL weekend of the Challenge. My hope is that you continue to press on and stay with me as we move into the Re-Integration Phase.

Sugar is simply a symptom of a greater issue. We use sugar to numb; to push down emotions; to soothe. So, with that in mind, today, I offer you your final Homework Exercise for this leg of the Challenge.

And it is a biggie.

Ready?

Here goes...

I want you to go to the pain. What does that mean?

If you watched the Live Q&A, I touched on this piece of Homework at 1:09:10. Here is the link: <https://www.youtube.com/watch?v=28v0itfvc0E>

If you feel you can go there without triggering yourself, I want you to write about your pain.

Your pain when you were a child.

This can be physical pain, emotional pain or a combination of both.

When I described this homework in the Q&A, I expressed that when I was young, I didn't connect with my mother. We didn't bond well. I believe this lack of connection informed my future relationships; especially the one with myself; and contributed to my inability to trust--both myself and others.

So, if you are able to go there, I want you to write your story. Your pain story.

I believe that when we are able to bring our darkness into the light, the pain softens, and we no longer need to find ways to soothe it, to numb it, to push it down.

This exercise helped me tremendously when I quit drinking, and it has allowed me to free myself from anger towards my mother and develop a healthy, fulfilling relationship with her. It wasn't easy, and it took time, but it is some of the greatest work of my life.

I want that same feeling of peace for you.

So, over the weekend, please carve out some time for yourself to write this letter.

Once written, read it to yourself as many times as you need to until you feel a softening.

You may want to share it with a loved one. You may want to keep it to yourself. You decide.

But write about your pain. Feel the pain from childhood. Be as detailed as you can; see the sights and smell the sounds and feel the feelings.

And then burn the letter.

Because it no longer serves you.

Then, I want you to think about the kind of child you were; the kinds of activities you enjoyed doing. Were you an active child always into sports? Did you play an instrument? Were you creative, cooking or baking or doing crafts? Did you write stories?

What was it that you used to soothe your emotions when you were a child?

I want you to try to bring that back into your life over the weekend and into the next 28 Days of The Re-Integration Phase.

I hope you do this work.

It is powerful beyond measure.

YOU are powerful beyond measure.

I love you. Sarah xo