

I am a very loyal person. My friends and family know that I don't break promises. That's just who I am. But can I keep a promise to myself? As much as I try and with all the good intentions I have... hell no! I think most people keep their word with everyone else BUT THEMSELVES. Maybe we're too quick to forgive ourselves or we never really believed in ourselves or maybe just don't care enough to keep it. Inadvertently I found the answer to that question for myself and what do you know... it's because I didn't love myself enough to keep my own promises. Don't get me wrong, I did love myself, but not enough – I did not love myself **unconditionally**. And that was it! I needed to start unconditionally loving myself, exactly as I was at that point in my life (184.5lb to be precise), in order to keep this one promise to myself to make it through this challenge - and come out 13.6 lb lighter I might add.

Last May I had surgery on my right shoulder. I was in an immobilizer for 6 weeks and couldn't use my dominant arm; meaning I couldn't do my own hair, showers were difficult, cooking was out of the question because using a knife with my left hand would put me right back in that hospital, and of course workouts were limited. Between then and November I was sitting pretty at 192 lbs., just 1 lb. shy of the largest I've ever been. The 56 Day Challenge could not have come at a better time.

One week after I weighed in for the challenge, I took two hard blows. Like really hard. In one fell swoop my boyfriend (who planned to become my husband and buy a house with this October) and I decided to end our relationship; then some friends whom I've known for over a decade did me real dirty and showed me how much they cared for and respected me... which was not at all. It was then that I realized I needed to love myself unconditionally and it's like the universe lined up what wasn't serving me so I could knock it right out of my life.

Sometimes we have to go to our knees to discover our power. You have to get knocked down to know the strength you have within to get back up. That's essentially been the theme that's come out of my 56 Day Challenge. I dove into this challenge, promised myself I'd workout 5-6 days a week and start eating better. My Diva Lean Strawberry Cheesecake protein shakes made it easy to work out in the morning because I'd look forward to them afterwards. I signed up for high-intensity fitness classes and went three times a week, on top of strength training sessions and yoga classes. I started ordering an organic boxed meal service and cooking lunch and dinner. I began taking my vitamins on the regular and when I needed an extra push I'd have Diva Burn at the ready. That came in such handy on the days I felt exhausted and didn't want to work out! That became my routine. And the kicker came two weeks before weigh out – Chris, my Pureline guy, recommended I take Primo-Var to help with muscle hardness and fat burn. Oh. My. Goodness. Life changer!!! I immediately started seeing results and within one week lost an extra 3% body fat and could see more definition in my arms and legs. This pushed me to work even harder the last week and as I'm writing this I'm so proud of what I've accomplished thus far. I have kept all of my promises to myself these last 56 days.

I know my life will never be the same after this challenge. January was one hell of a year for me and the eight weeks that followed, well, it was what I needed to really evolve into the person that I am today. With every workout, every yoga class, every pass on that glass of wine, every Pureline consult, every step on that scale, every decision to choose me – I knew I was building something amazing for myself. When you put yourself first and learn to love yourself unconditionally, decisions just come easier to you now. You can feel it in your gut and you become more in tune with your body and intuition than ever. I'm so happy and thankful to Pureline for providing and guiding me on this journey. Just always remember, only look back to see how far you've come... acknowledge it, then turn around and keep moving. forward.

Unless it's to look back to see how that booty is coming along, in that case look back at it honey!