



## The challenge:

### 55 days

Commit to 55 days in a row.

### eat

You choose intermittent fasting, the Meditarrian Diet, or whatever diet plan you choose, stick to it. No cheating, not even a bite.

### pray

Set aside time daily for prayer, meditation, or reading. Make it a routine, without skipping a day.

### love

Do something special for someone to show you love them every day.

Any questions? [kim@kimsorrelle.com](mailto:kim@kimsorrelle.com)

## My commitment:

### 55 days

My start date: \_\_\_\_\_

My end date: \_\_\_\_\_

### eat

My daily eating commitment:

\_\_\_\_\_

Kim's example: 1/2 my body weight in ounces of water and eat no white (no potatoes, no rice, no flour, no sugar, no bread)

### pray

My daily prayer commitment:

\_\_\_\_\_

Kim's example: I pray 15 minutes first thing in the mornng and 15 minutes at night.

### love

My daily love commitment:

\_\_\_\_\_

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Inspiring and empowering you to live a *life worth loving.*