



Starting on the first day of December:

Allow yourself the freedom to choose to eat only 1 plate of food at each meal.

Don't make it a law (for some reason we humans don't like laws).

Remind yourself that it is a Challenge.

Think of it as a game.

A game where there is no guilt.

A game where you are the only player so there is no competition, just a personal challenge.

Each meal can be a new opportunity to eat only 1 plate of food-don't sweat it!

Love yourself through this challenge.

Remind yourself by telling yourself the truth that there are no mistakes in this challenge.

The Maritime Health Ministries'

The 1P Challenge

December 1st to the 31st, 2024