

<p><b>1</b></p> <p>Yes – I've made a start</p>	<p><b>2</b></p> <p>It's a good day to have a good day</p>	<p><b>3</b></p> <p>It doesn't get easier, you just get better</p>	<p><b>4</b></p> <p>Yay it's Friday tomorrow</p>	<p><b>5</b></p> <p>Last one and I've smashed it this week</p>
<p><b>6</b></p> <p>Difficult roads lead to beautiful destinations</p>	<p><b>7</b></p> <p>Don't stop until you're proud</p>	<p><b>8</b></p> <p>Hump day (gonna feel great on Friday)</p>	<p><b>9</b></p> <p>I've nearly completed two weeks...</p>	<p><b>10</b></p> <p>Two weeks done! Do you feel a difference?</p>
<p><b>11</b></p> <p>Not giving up now</p>	<p><b>12</b></p> <p>It's a slog but I'm so much further forward than I was in week one</p>	<p><b>13</b></p> <p>I am doing so so well</p>	<p><b>14</b></p> <p>Say yes to activity</p>	<p><b>15</b></p> <p>That's three weeks... absolutely brilliant!!</p>
<p><b>16</b></p> <p>At the end of this week I'll have done a month</p>	<p><b>17</b></p> <p>There are no limits in what I can achieve</p>	<p><b>18</b></p> <p>I can do this</p>	<p><b>19</b></p> <p>I am capable of amazing things</p>	<p><b>20</b></p> <p>It always seems impossible until it's done Nelson Mandela</p>

Cross these off each day.