

## **Determined at last!!**

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Ok so here it goes, I'm a mother of 3. I had battling with my weight since I gave birth to my youngest daughter. I was recently divorced and I am now re-married. The problem is that I have become so comfortable with my spouse that I have let myself go!!!. I have gotten to the point that I cry when my clothes do not want to fit and he comforts me and tells me that I am beautiful just the way I am. I know it is very sweet of him but that does not make me feel any better. I have joined this challenge because I want to be able to feel good about myself. I want my clothes to fit like they did before and I don't want to be crying everytime my pants won't zip up. I've always been very careful of what I look like and that makes me feel good and confident. Right now, I'm not feeling very confident at all. Soooo I am going to make this happen, not for my spouse but for myself!