

Top 3 Insights for this Challenge

It's fabulous that you've continued on in this Challenge. Yay for you!

But you know what?

Insights tend to come when we take our direct attention off of a topic.

Some people say they get their best insights when bathing or showering. Others have this happen while walking, gardening, reading or doing the dishes.

However insights, or "Aha!" moments work for you, personally, it's all good.

It's important to leave space for the insights to flow.

So, if you don't have any at this time, that is OK.

If you do, please capture them now, somehow.

Write them down, type them, post them, do it so you can look back at this later, ready to give yourself a pat on the back for your good work in this Challenge.

You'll see why in the final day, Day 21 of this Challenge.

Please share your insights in our private Facebook Group that goes along with this Challenge. You might find you have insights in common with others. Or, you might find you are a source of inspiration to others.

We'd love to hear from you.

See you there!

21DayBloodSugarChallenge.com

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