



# The CANDY Challenge

*I can do anything I put my mind to with Heavenly Father's help.*

**By Lillian V., age 9, New Hampshire, USA**

I was eating a lot of junk food and wanted to be healthy, so I decided to make a New Year's resolution not to eat any candy for a month. Whenever I got candy I saved it in a jar. At the end of the month, I would share the candy with other people.

In the first week of January, I felt like I wasn't doing very well because I had already eaten three pieces of candy. When I realized I wasn't following my resolution, I decided to pray about it. It helped! After the first month, I decided to do it for a whole year. I haven't had a piece of candy now for 14 months! My goal was to save 400 pieces by the end of the year, but I have saved 731 pieces of candy instead.

It has been really hard at times, but it has gotten easier and easier. At school we got candy several times a week for rewards. In Primary we received candy for memorizing scriptures, Articles of Faith, and other things, all of which I did. I just saved my candy in my candy jar.

I feel like I have learned a lot of self-control and can do anything I put my mind to with Heavenly Father's help. I now set my alarm with my twin sister, Clair, at 6:25, and we get up and do personal scripture study with my older brother, John Taylor, and my mom.

I try to be healthy and eat lots of fruits and vegetables. I feel really good. I know Heavenly Father is proud of how I am treating my body. I feel like I can sacrifice more things now in lots of areas of my life. ♦

What hard things have you done? Tell us about it. Turn to page 48 to find out how.



Wow! You think we could do that?

Hmm, let's try it for a month.

