## Pious Project Non-Piggy Bank

## SUPPLIES

1 glass jar (Mine was once jam-packed with sweet gherkins pickles. Sweet gherkin pickles are only 15 calories each, if you are just dying for a quick mix of sweet, sour, and crunchy! And they are a treat that I have no trouble controlling. One or two sweet gherkins do it for me.)

1 inspirational picture

opaque paint markers (These pens are filled with colorful paints,

and there's no fuss or muss.)

## INSTRUCTIONS

Clean the jar. Remove the label. And paint away.
As you can see, I first pasted my favorite Our
Lady on the jar. She guides and inspires—always!
And then I painted the words "Non merci, je suis à la
diète," followed by some decorative touches.

You can go wild. Make swirls. Dots. Triangles. You can use stickers as well. Stamps. Anything!

From: Janice Taylor Life & Wellness Coach To: YOU with love!

www.OurLadvofWeightLoss.com excerpt from:

Our Lady of Weight Loss: Miraculous and Motvational Musings

