

The sacrifice made	How it affects others	How it changes me
Miss Stubberfield gave up eating chocolate and all the money she spent on chocolate was donated to a charity called MIND	Miss Stubberfield's money would have gone on to help people who are struggling with their mental health and hopefully it would have helped them be happier and more stable.	Miss Stubberfield may not have had chocolate but other than that the sacrifice didn't change her too much but she did feel good about where her money was going to.