




BROOKLYN_BORN

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Where have all my old friends gone? Day 16

Monday, May 23, 2016

Hopefulness and Discouragement - Our attitude makes a difference in our ability to stick with a plan. That's the reason for all those inspirational quotes on spark pages. I believe they help, but it's not enough just to say it. We have to really believe it. We have to act on our hopeful, positive quotes.

I was sad today to find the last post of an inactive spark friend to include:
"I'm discouraged but not giving up. This is going to be a good week for me"
Then nothing after that. She just disappeared.

Yesterday I posted about the HS graduation of grandson #3 who is called "Math Guy." I guess you can call me "Math Grandma" since I enjoy numbers, statistics and data in general.

This is week 3 of my Spark Project. I'm about 2/3 of the way through my friends list and even added a few new spark friends. They're at the end of the list and will be included in the final stats. I KNOW they're active since they're reading my blog.

Today:
12 Active and 8 Inactive/Missing - 60% still sparking

Summary:
155 out of 290 are still actively sparking - Holding steady at 53%

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Member Comments About This Blog Post



GINIEMIE

It's hard to be encouraging if a person hasn't been sharing some of what their stumbling blocks are. I try to encourage everyone who is a friend and sometimes when I read a different blog...when the team pages were different and more team like to me. For me Life with my son, Erik tends to encourage and discourage....SP is one of my grounding places, but when no one responds-I know I'm one of them sometimes-it's easier to get even more discouraged. Technological changes are discouraging for those who are challenged with technology to begin with. Then the familiar is taken away and people have "nothing" with which to ground themselves because "the FAMILY" as they knew it is gone....Just read a post by an elderly friend who is frustrated with health problems and then SP changes. It's a shame because some of the changes

may be more economical, efficient but they are disheartening.





1844 days ago



BBEAGAN

It makes me sad too when I see someone slip away... But I suppose Spark can only work for us when we are ready - maybe they'll be ready at a later time.

1845 days ago



ONEKIDSMOM

You make me wish I hadn't edited my list of friends even the few times I have... I've messed with order, and deleted some whose accounts have been closed, spark pages taken off line... but I have lost the ability to do stats like this.

1845 days ago



DOVESEYES

Great blog, the comments you have whilst researching are thought provoking just as the stats are exciting to follow. Thanks.

1845 days ago



CD4114015

I LOVE these blogs and hope then never stop or run out!

1845 days ago



ALICIA363

I find this fascinating! I've been sparking a lot be phone lately, which has been unsubscribing me to blogs (I think), but I'm still here! Sorry I missed a couple weeks...

1845 days ago



JEANKNEE

I've been dubbed Calc-N-Stein by a friend's DH. The friend happens to be a coworker and fellow Sparker. She's been dubbed Professor Gadget.

It's nice to see the percentage still riding above 53%.

1845 days ago



LIVEDAILY

You just never know what one thing you say, or post on someone's page or in general. is going to have an affect on another person. Sometimes it's something unexpected. Sometimes it's someone who you don't even know. I'm just happy when it happens!

1845 days ago



PHEBESS

I never know what to say that will help someone not give up. There are always so many factors in people's lives, we never really know what will help support them.

1846 days ago



PHOENIX1949



1846 days ago



KENWANNE2013

Your actions are really encouraging...finally put up a blog.

Helen_Bru: I tend to not post, or if I'm not logging (or am 'off goal') but also if it feels as if Sparking is taking over. At one point I felt like I should reply to everyone who post... and found that it could take a couple of hours(and then there was the replying to FB as well), to log, get my points, read articles, and then reply or comment). Having now decided to return to use spark people properly



(inspired by this blog I think I will try and spread my activity out a bit).

1846 days ago



WILSONWR

That is quite the effort!

1846 days ago



WATERMELLEN

So sad that the "discouraged" person then disappeared . . . I'm seeing people disappear pretty regularly. I can only assume that some people decide they don't need what Spark offers: their choice of course, and all I can say is that for me the Spark trackers and the Spark community have been and continue to be very helpful in one of the hardest things I do: keeping weight off!

1846 days ago





MOMMAP676

Helen...can you tell me how to put up a pic? I've tried but it doesn't seem to want to work. Are you tech savy?
1846 days ago



ELP14586

Very true my friend
1846 days ago



HELEN_BRU

I had a bunch of friends who never got their profile images up so I recently deleted them, only to put them all back on again when I discovered they were still active. Don't know why they just didn't up some icon/picture. Don't understand that reasoning. . .
1846 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.